SINCLAIR'S GAME STILL ON TARGET

BURNABY NATIVE LEADS CANADIAN WOMEN INTO SUMMER GAMES IN LONDON PAGE 33

VANCOUVER metro®

Wednesday, July 18, 2012

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Mounties counter claims

Statement of defence. RCMP refute accusations in high-profile harassment lawsuit

The Mounties have issued a sweeping denial in a high-profile sexual-harassment suit by a British Columbia officer, whose allegations have prompted other women to come forward with their own claims of abuse.

Cpl. Catherine Galliford, a spokeswoman who was the force's public face during the Air India and Robert Pickton cases, outlined allegations in media interviews last year. She filed a lawsuit this past May.

Her allegations have prompted the RCMP to promise to tackle harassment within the force. In the months since, several other female Mounties have filed cases of their own, including one who says dozens of other officers are prepared to join her in a class-action lawsuit.

Galliford's allegations span nearly two decades, during which she claims her colleagues and superiors sexually assaulted, harassed and intimidated her until she developed post-traumatic stress. She claimed she didn't come forward because she feared retribution.

But the B.C. government and Ottawa filed a joint statement of defence this week denying all of Galliford's allegations.

Instead, the governments paint her as an alcoholic who refused treatment and rejected the RCMP's efforts to keep her away from one of the men she alleged harassed her. When she finally complained in 2011, her allegations were immediately investigated, says the statement of defence.

While the federal government represents the RCMP, the B.C. government contracts the Mounties for provincial policing and is also named in Galliford's lawsuit.

THE CANADIAN PRESS

START A LOVE TRAIN

Kelly van Doornik, 26, took her bicycle on the Canada Line for the first time on Tuesday. "I'm just in love with the SkyTrain," she said. It's I Love Transit Week in the Lower Mainland, but do commuters really love transit? Story, page 3. SUZANNE MA/METRO

Continuing the search

Victims remain under Johnsons Landing landslide PAGE 4

Two killed in T.O. shooting

Police say violence is 'unprecedented' PAGE 10

Holy catsuit, Batman!

Dressing up the purr-fect villain PAGE 20

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Los Angeles	from **$218** + taxes & fees $107
Portland	from **$248** + taxes & fees $124
Calgary	from **$278** + taxes & fees $139
Amsterdam	from **$299** + taxes & fees $491
Frankfurt	from **$339** + taxes & fees $558
Paris	from **$348** + taxes & fees $520
Honolulu	from **$498** + taxes & fees $124
New York	from **$499** + taxes & fees $182
Nashville	from **$599** + taxes & fees $141
Bangkok	from **$629** + taxes & fees $419

USA

Las Vegas
Air + 3 Nights
from **$209**
+ taxes & fees $124
INCLUDES accom on the Strip.
UPGRADE to 4-star accom from $7 per night.

Seattle Labour Day Shopping Family Special, 2 Nights — from **$125**◊ taxes & fees included
INCLUDES accom over Labour Day. Price per person based on family of 4.

San Francisco Air + 3 Nights — from **$469** + taxes & fees $128
INCLUDES central accom. **UPGRADE** to 4-star accom from $27 per night. **ADD** Golden Gate bay cruise from $20.

San Diego Air + 3 Nights — from **$565** + taxes & fees $135
INCLUDES central accom. **UPGRADE** to 4-star accom from $45 per night. **ADD** San Diego Zoo entry from $50.

Hawaii Air + 5 Nights — from **$679** + taxes & fees $151
INCLUDES Waikiki accom.

New York Air + 3 Nights 4-Star — from **$729** + taxes & fees $179
INCLUDES Midtown Manhattan accom.

Europe

Prague Air + 7 Nights
from **$699**
+ taxes & fees $562
INCLUDES central accom near shopping, attractions, restaurants and more.

London Air + 7 Nights — from **$799** + taxes & fees $575
INCLUDES roundtrip airport transfers, breakfast daily and Russell Square accom.

Frankfurt Air + 2 Nights + Rail — from **$925** + taxes & fees $558
INCLUDES the first 2 nights central Frankfurt accom near the main railway station and 5-day Germany and Czech Republic rail pass.

Amsterdam & Brussels
Air + 7 Nights + Rail — from **$1359** + taxes & fees $491
INCLUDES roundtrip Amsterdam airfare, roundtrip Thalys train to Brussels, 5 nights central Amsterdam accom and 2 nights central Brussels accom.

Paris & London
Air + 7 Nights + Tours — from **$1559** + taxes & fees $520
INCLUDES airfare into London and return from Paris, airport transfers, 3 nights central London accom, 4 nights central Paris accom, sightseeing tour in both cities, Eurostar Chunnel crossing and breakfast daily.

Local Vacations

Tofino
2 Nights
from **$310**
taxes & fees included
INCLUDES accom on the peninsula only minutes from the Village of Tofino.
ADD whale watching tour from $113.

Sunshine Coast Family Special
2 Nights 4-Star — from **$175**◊ taxes & fees included
INCLUDES 2-bedroom luxury waterview villa accom with full gourmet kitchen. Price per person based on family of 4. **BOOK** this package based on double occupancy from $386.

Parksville 2 Nights — from **$187** taxes & fees included
INCLUDES oceanview accom at a beachfront resort.

Whistler 3 Nights 4-Star — from **$187** taxes & fees included
INCLUDES Village accom with fully equipped kitchenette. **ADD** tree trek canopy walk from $50.

Victoria 2 Nights — from **$209** taxes & fees included
INCLUDES Inner Harbour accom. **UPGRADE** to 4-star accom from $16 per night. **ADD** city tour from $36.

Osoyoos 2 Nights 4-Star — from **$239** taxes & fees included
INCLUDES 1-bedroom suite accom located at a beachfront resort on Osoyoos Lake just minutes from some of BC's best vineyards and orchards.

Kelowna 2 Nights — from **$259** taxes & fees included
INCLUDES lakefront accom. **ADD** Summerhill Winery tour from $11.

Lac La Hache 2 Nights 4-Star — from **$449** taxes & fees included
INCLUDES accom on Sprout Lake.

Canada

Yukon Summer Getaway
Air + 2 Nights
from **$532**
+ taxes & fees $118
INCLUDES roundtrip air to Whitehorse, airport transfers and 2 nights Whitehorse accom. **ADD** Whitehorse to Skagway by rail day tour from $145.

Montreal & Quebec City
Air + 5 Nights + Tours + Via Rail — from **$1147** + taxes & fees $172
INCLUDES roundtrip air to Montreal, 2 nights Montreal accom with city tour, roundtrip VIA Rail ticket and 3 nights Quebec City accom with city tour and whale watching excursion to Baie-Ste-Catherine.

All-inclusive Vacations

Puerto Vallarta
7 Nights 4-Star
from **$247**
+ taxes & fees $341

Los Cabos 7 Nights 4-Star — from **$405** + taxes & fees $340

Riviera Maya 7 Nights 4-Star — from **$485** + taxes & fees $340

Cruise & Stay

Anaheim
Air + 3 Nights 4-Star + 3-Night Cruise
from **$589**
+ taxes & fees $85
INCLUDES 3-night cruise sailing Vancouver to Los Angeles and 3 nights accom near theme parks. **ADD** car rental with unlimited mileage from $24 per day.

Cruises

South Pacific
17-Night Cruise
from USD **$799**
+ taxes & fees USD $61
CRUISE from Honolulu and visit Papeete, Moorea, Bora Bora, Suva and Sydney. **UPGRADE** to balcony stateroom for $42 per night.

Bahamas 5-Night Cruise — from USD **$249** + taxes & fees USD $60
CRUISE roundtrip Jacksonville and visit Half Moon Cay and Nassau. **UPGRADE** to oceanview stateroom for $10 per night.

Western Caribbean
7-Night Cruise — from **$449** + taxes & fees $102
CRUISE roundtrip Tampa and visit Roatan, Belize City, Costa Maya and Cozumel. **UPGRADE** to oceanview stateroom for $12 per night.

Mediterranean
10-Night Cruise — from **$499** + taxes & fees $65
CRUISE roundtrip Civitavecchia (Rome) and visit Katakolon(Olympia), Piraeus(Athens), Izmir and Alexandria (Cairo). **UPGRADE** to oceanview stateroom for $20 per night.

Alaska 7-Night Cruise — from **$558** + taxes & fees $115
CRUISE Vancouver to Seward and visit Ketchikan, Juneau, Skagway and Glacier Bay. **UPGRADE** to oceanview stateroom for $7 per night.

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More new drivers drunk behind the wheel: Cops

Vancouver police say more and more new drivers are getting behind the wheel after a drink.

During the VPD's ongoing summer drunk-driving campaign last weekend, officers issued eight 12-hour roadside prohibitions to drivers who have yet to graduate to a full licence.

Quoted

"We've issued 30 prohibitions to new drivers so far this year, compared to 31 for the entire campaign last summer." VPD spokesperson Const. Lindsey Houghton

New drivers, those that display a green "N" on their vehicles, are not permitted to consume any alcohol before driving, but police say some drivers are ignoring the regulations.

"Police have noticed a concerning trend among new drivers," confirmed VPD spokesperson Const. Lindsey Houghton. "We've issued 30 prohibitions to new drivers so far this year, compared to 31 for the entire campaign last summer."

Overall, police are seeing what they call a "huge spike" in impaired-driving cases this summer.

Forty-nine impaired drivers were taken off the road July 13 and 14, just one more than the same weekend last year.

But over the Canada Day long weekend, Vancouver police issued 259 violation tickets — up from 131 in 2011.

MATT KIELTYKA/METRO

I Love Transit Week reveals there's pain in riders' hearts

Do commuters love Vancouver transit?

Metro wanted to know, and here's what some of you had to say

SUZANNE MA
vancouver@metronews.ca

The SkyTrain passes by Rogers Arena on Tuesday. Vancouver commuters agreed the region's transit was fast, efficient and convenient, but many said they hoped for increased security and more space in the crowded Expo Line. SUZANNE MA/METRO

It's I Love Transit Week, and TransLink is celebrating what people love about the city's buses, trains, ferries and SeaBuses. But Metro wanted to know: Do Vancouver commuters really love transit? We took to the streets to find out.

Commuters who stopped to speak with Metro on Tuesday were generally happy with transit in the city, especially if they had moved to Vancouver from other parts of the country.

Stephen Molaro, 26, said his commute was usually quick and convenient. "I went to university in Regina and the transit system was sketchy," he said. "I lived six blocks away from campus and it took me 45 minutes and I had to take two buses to get there."

Molaro either walked or got a ride to school. He never took the bus.

Devon Forbes, a 25-year-old musician, agreed that Vancouver transit was efficient compared to his hometown of Thunder Bay, Ont. But he felt there should be more security personnel in the SkyTrain cars and platforms.

"I've seen people on the Expo Line shooting up heroin," said Forbes, who rides the SkyTrain late at night after band practice. "I was terrified. I sounded the alarm, but we had to wait until we pulled into the next station until security came. It was bad."

The Expo Line is also a nuisance for 32-year-old Robyn Bayles. She and her 11-month-old daughter, Scotia, have an easy time getting in and out of SkyTrain stations and buses.

"The bus drivers are really well mannered," she said. "(But) it's hard to find a good spot on the old 1986 trains. There just isn't much room at all for strollers, bicycles or wheelchairs."

Late-night hours

"I think it'd be good for Vancouver if the SkyTrain was 24 hours. If the SkyTrain were to run through the night, it would prevent a lot of drinking and driving."
Kat Espiritu, 24

More coverage

"I definitely want to see the SkyTrain extended to White Rock. With how much we've had to pay, there's absolutely no reason why (TransLink) can't afford to build it."
Devon Forbes, 25

Squeeze relief

"(The 99 B-line) is a lot better than it was last semester. People demanded more lines and (TransLink) delivered. It's still crowded but I'm not feeling as squished as I used to."
May Lew, 21

1 NEWS

On the web

Make your mark with the moonwalk

Think you've got Michael Jackson's moves? Here's your chance to prove it, says music legend Berry Gordy, who will bring Motown's most influential singers to Broadway. Go to metronews.ca to read more about the making of the musical.

Mobile news

Who needs the fire brigade when all you really require these days is a neighbour with arms of steel. Scan the code to see how a heroic man rescued a girl who fell from her third-floor apartment.

City's top dating services and clubs

Dating series, Part 3.
Businesses offer assistance for busy, single professionals

KATE WEBB
kate.webb@metronews.ca

Canadian data on dating behaviour is scarce, but a representative survey of 5,000 American singles conducted for Match.com this year found 1.3 per cent found their most recent first date through an offline dating service. Another 9.4 per cent scored their last first date at a social event.

Vancouver has plenty of dating clubs and services for busy, moneyed professionals. They offer high rates of setup success and the opportunity to significantly widen social networks. Here's a rundown of the most popular ones.

1 Executive Search Dating

Number of members: 3,000+

Cost: $1,000-$5,000

Success rate: Up to 70 per cent of clients find a relationship.

How it works: After clients are interviewed and screened, staff looks through the company's database for matches. A team of seven to 10 professional "Cupids" also proactively headhunts professional singles at events and hotspots all over the city. As the name indicates, it's primarily a service for urban professionals and executives, so headhunters lean heavily toward that demographic.

Website: executivesearchdating.com.

2 Events and Adventures

Number of members: 1,800+

Cost: Refused to disclose.

Success rate: This American-owned dating club doesn't track how many of its members end up in relationships, but a company spokesperson said she has heard anecdotally of at least five couples that met through the Vancouver chapter who married last summer, and some clubs average a wedding per week.

How it works: The club holds at least one event per day, sometimes two on weekends. They include boat parties, paragliding, zip-lining, hiking, comedy nights, poker nights, dinners and more. Half of all events are free of charge for members, while some of the more expensive activities require additional fees at discounted group rates. The ratio of women to men is about 3:2.

Website: eventsandadventures.com.

3 It's Just Lunch

Number of members: 1,000+

Cost: $2,500-$10,000/year

Success rate: At least 75 per cent of first dates lead to second dates. Anecdotally a spokeswoman said she has heard of many setups leading to marriages and children.

Executive Search Dating founder Paddi Rice and top dating headhunter Nita Lightbody have helped thousands of singles in Vancouver find relationships. KATE WEBB/METRO

How it works: This successful dating franchise helps busy Vancouver professionals develop profiles and matchmakers then set them up on casual dates, such as Sunday brunch, weekday lunch, or after work drinks with compatible singles.

Website: itsjustlunch.com.

4 Fastlife

Number of members: 10,000+

Cost: $25-$100 per event ($50 average)

Metro's week-long look at dating in Vancouver

MONDAY : Do Vancouver singles really have it so bad?
TUESDAY : Hope and advice from couples who met in Vancouver
WEDNESDAY : Vancouver's top dating services
THURSDAY : Vancouver dating challenges and solutions
FRIDAY : City's best dating hotspots

Success rate: 90 per cent of participants 25-40 at each event find a match that leads to a first date. The match rate begins to decline past age 40.

How it works: This traditional speed-dating service holds six to 10 events per month in Vancouver. Singles register online for a hosted event at a bar or restaurant that fits their age group and tastes, and the company ensures there are equal numbers of men and women.

Each "date" is six to eight minutes long, and each event guarantees 10 to 15 dates.

Website: fastlife.ca

Crews keep up search in B.C. landslide debris

The labour-intensive and emotional task of digging for the remaining two people buried under a massive landslide in British Columbia continued Tuesday, with crews hoping the earlier discoveries of a young girl and her father will help them find the others.

Crews were using excavators and other heavy equipment to delve into two areas of Johnsons Landing, where the bodies of a German vacationer and a young woman were believed to be located.

"Because we did find two victims in the last couple of days, it did encourage us," said Barb McLintock for the BC Coroners Service, which is co-ordinating the recovery efforts in the hamlet northeast of Nelson, B.C.

"Relief is the best word. There are no happy endings in this. What we're trying to do is give the families as much closure as possible."

Last Thursday's slide buried four people, including a man, his two daughters and a German traveller.

The body of 60-year-old Valentine Webber was uncovered Sunday, and the remains of one of his daughters were found the following day. Authorities have only said the remains of a young female were found Monday and have not confirmed whether the woman was 17-year-old Rachel Webber or 22-year-old Diana Webber.

One of the Webber girls remains unaccounted for, as does longtime summer resident Petra Frehse, 64.

On Tuesday, there were 24 searchers divided into two teams at the site, located along Kootenay Lake more than 200 kilometres southwest of Calgary. They were focusing their efforts on the area where the other two bodies were found and around the foundation of the cabin where Frehse lived.

McLintock said a technical expert based in the Kootenay region, who has worked on large-scale recovery cases for both the B.C. coroner and the RCMP, has been providing guidance about where to search.

Quoted

"There are no happy endings in this. What we're trying to do is give the families as much closure as possible."
Barb McLintock of the BC Coroners Service

"He's very good at figuring out, 'OK, if we know they were in the house and this is where the foundation of the house is, and this is the layout that we know from before, where are they likely to be?'" she said.

"He's been right on so far and we just hope he continues to be."

THE CANADIAN PRESS

Resort community

No one missing after Fairmont landslide

The RCMP say no one is reported missing after the landslide that hit the resort community of Fairmont Hot Springs in southeast B.C. on Sunday. Mud and water sliced through the town, washing out a bridge and stranding vacationers at an RV site for about a day.
THE CANADIAN PRESS

Water quality, fish habitat

Mine downplays scathing report

Taseko Mines is downplaying a scathing response from a federal agency to the company's draft environmental-impact statement for its proposed New Prosperity mine near Williams Lake. The agency made more than 200 comments in a review of the draft, saying the report lacked critical information on water quality and fish habitat. THE CANADIAN PRESS

Enbridge pipeline

25K sign anti-pipeline letter

The NDP says more than 25,000 B.C. residents have signed a letter opposing Enbridge's Northern Gateway pipeline proposal. The party originally sent the letter to the Joint Review Panel that's assessing the plan to build the pipeline from Alberta to the B.C. Coast, but later they asked members of the public to add their names to the document. THE CANADIAN PRESS

Child watchdog

41 child deaths reported in four months

B.C.'s child watchdog says 41 child deaths were reported to her office between the first of February and the end of May this year. She says of the 41 deaths, 14 are being investigated by her office to determine if there were any suspicious circumstances.
THE CANADIAN PRESS

Dry conditions

Fire-danger season arrives

The fire danger is creeping up as conditions dry out across northern B.C. and the Wildfire Management Branch reports the first two major blazes of the season.

Both are in the northeastern corner of the province — and neither is threatening any homes or private properties.
THE CANADIAN PRESS

Zoning issues

Wake park washes out in Kelowna

A new business in Kelowna has run afoul of government regulations — and it will have to act quickly if it hopes to save its limited season.

Whiplash Cable Wake Park opened off the Kelowna waterfront at the end of June but was shut down last Friday — barely two weeks later — because of zoning issues. CKQQ

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101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
Brentwood Mall
604-320-0789
CHILLIWACK
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CLOVERDALE
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2131-2850 Shaughnessy Street
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5180 Ladner Trunk Rd.
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2691 West Broadway
604-736-1813
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Tech upstarts seeking talent

Job fair. More than 20 Vancouver tech companies set to join virtual B.C. Tech Fair

MATT KIELTYKA
matt.kieltyka@metronews.ca

It's not all digital doom and gloom in Vancouver's tech sector.

Despite the recent high-profile closure of video-game studio Radical Games and the relocation of Rockstar Games' Vancouver office to Ontario, the city's fastest-growing technology companies are desperate for local talent.

Hot properties like Hootsuite, A Thinking Ape, Eastside Games and Appnovation have signed on to the virtual B.C. Tech Fair July 24.

All said, more than 20 upstart tech companies from Vancouver will be looking to file 160 development, marketing and design openings between them, according to organizer James Clift.

"Certainly there's been some news of downsizing and closures, and there are issues when you look at (B.C.) tax cuts compared to places like Ontario, but there are a lot of really cool success stories in Vancouver," says Clift, who is with startup accelerator Grow Lab. "Look at Hootsuite — Vancouver's baby — a $20-million company that's about to double. Overall, the tech industry is growing and it's up to us to keep talent here and grow it."

Most of the companies taking part in the tech fair specialize in social media and mobile development.

Clift said these companies are in the fastest-growing and most dynamic space within the tech world, and explains why the industry continues to thrive in Vancouver despite the regression of more traditional studios like Radical Games.

The fair, bctechfair.ca, goes live July 24 and features interactive booths for each company, provides live chats with employers and uses social media like LinkedIn to establish connections.

Follow Matt Kieltyka on Twitter @Mkieltyka

Inner-city kids make stamp on the Eastside

Artist Todd Polich coaches kids from Kidsafe, a supportive care program for inner-city kids, to transform the exterior wall of Sunrise Soya Foods on the Downtown Eastside Tuesday as part of the Orcas in the City project. The 150-foot-long mural is also being worked on by kids from the Vancouver Aboriginal Friendship Centre, and is expected to be complete July 30. KATE WEBB/METRO

Stamp River. Man drowns in waterfall accident

A 22-year-old Qualicum Beach, B.C., man is dead and two more people were rescued after a summer outing went horribly wrong near Port Alberni on Vancouver Island.

Police say Cory Heinz died shortly after he and two female friends put their inflatable boats in the Stamp River in Stamp River Provincial Park Sunday afternoon and then floated down a steep waterfall.

Port Alberni RCMP say the trio appear to have been unfamiliar with the river. Experts say the waterfall is a Class 5 and should only be tackled by experienced white-water rafters.

A woman called police when she saw a body floating down the river. Rescue crews found two women clinging to rocks in a rapidly flowing area of the waterway just past the falls. The women were taken to hospital with bumps and bruises.

RCMP issued a warning about the river on June 26 after several tubers nearly drowned when they made a similar mistake. THE CANADIAN PRESS

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A mighty wind. Sailors safe after high-seas rescue off Haida Gwaii

Two sailors were rescued off the northern B.C. coast on Tuesday in a dramatic early-morning operation that saw a rescuer swim to the disabled boat in high wind and heavy seas.

The mayday call came on Monday night, after the two men had lost their rudder, engine and sails in 80-kilometre winds and four-metre seas about 50 kilometres south of the Haida Gwaii.

The joint rescue co-ordination centre dispatched an airplane and a helicopter to the scene after midnight.

Capt. Trevor Reid of the Royal Canadian Air Force said it was nearly impossible to safely lower a search-and-rescue technician onto the vessel, so the SAR tech was lowered to the stern and swam through the swells to the boat.

The sailors then helped the technician on board, and the men were hoisted onto the helicopter. No one was injured.

THE CANADIAN PRESS

Vancouver Island

Man drowns in Comox Lake

A 66-year-old man has drowned in Comox Lake on Vancouver Island. RCMP say witnesses spotted the man floating face down in the water early Tuesday evening, but the body had sunk by the time rescuers reached the area. Efforts to revive the man were unsuccessful, and police say his name won't be released until his family has been contacted. THE CANADIAN PRESS

Crescent Rock

Covered-up signs anger nudists

Surrey United Naturists are baring their teeth after someone repeatedly tried to cover up the "clothing optional" sign at Crescent Rock Beach, and instead painted the name and address of the group's president on a massive boulder. The group has complained to White Rock RCMP and a rally is planned for Sunday at the beach. THE CANADIAN PRESS

Nationwide Katimavik protests set for Saturday

Trudeau-era initiative. Supporters want Ottawa to reverse decision to end youth-volunteer program

KATE WEBB
kate.webb@metronews.ca

Hundreds of "forsaken" youth, alumni, beneficiaries and supporters of slashed federal volunteer program Katimavik will protest across the country on Saturday, calling for the reinstatement of the 35-year-old program's $15-million annual budget.

More than 600 youth had already been accepted into the program for this summer when the Conservative government announced the cuts in March, leaving many in the lurch and scrambling to make alternative plans for school and work.

Montreal Katimavik alumnus Andrew Murchison, one of the organizers of the protests, said the aim is to keep pressure on the government over the summer, before the issue is debated again in the House of Commons on Sept. 18.

"Katimavik is a program that unites Canadians, so Canadians should unite to fight the cuts," Murchison said. "Canadian youth deserve to have this program, but also the communities and all the non-profit organizations that benefit from these volunteers have been impacted, so it's important to remind Canadians that it's not just about the youth that are being affected."

In 2006, Katimavik reported that each dollar of its budget generated a $2.20 return on investment in communities that worked with volunteers.

Green party Leader Elizabeth May will attend the rally in Toronto, while NDP MP Charmaine Borg, who is set to challenge Heritage Minister James Moore in Parliament in September, will be speaking out in Montreal. Similar protests were held on April 23.

Moore drew the ire of Katimavik proponents on April 5 when he said cutting funding for the program was the "easiest decision" he had ever made.

Rally times, locations

- **Vancouver:** Victory Square, noon.
- **Edmonton:** Alberta legislature building, 1 p.m.
- **Winnipeg:** Manitoba legislative building, 1 p.m.
- **Toronto:** Queen's Park, 2 p.m.
- **Ottawa:** Strathcona Park, 1 p.m.
- **Montreal:** Place Emilie Gamelin, 2 p.m.
- **Halifax:** Parade Square, 3 p.m.

Young people demonstrate on Parliament Hill in April against government cuts to Katimavik, a national youth-volunteer training program.
FRED CHARTRAND/THE CANADIAN PRESS

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Whitney

I have done as much research as I could on my own, but nothing as intense as what I just experienced. Lots of info that I don't know how I would have found out other than by making the mistakes and finding out the hard way.
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Syria. Violent clashes spreading in Damascus

Intense clashes between Syrian rebels and government forces backed by helicopters spread to new areas of the capital Damascus Tuesday, including a brief firefight near Parliament. It was the third straight day of fighting that has posed an unprecedented challenge to government rule in the seat of President Bashar Assad's power.

The violence is the most widespread and sustained fighting in the capital since the Syrian uprising began 16 months ago.

Terrified families were fleeing the city or said they were prepared to leave at a moment's notice. Residents said they were packing "getaway bags" in case they had to run for their lives.

"My bag has my family's passports, our university degrees, some cash and medicine," a 57-year-old father of two told The Associated Press, asking that his name not be used for fear of reprisals. "It is very hard to imagine leaving your home and everything you worked to get, but it's a matter of life and death."

The clashes broke up quickly as the rebels fled, but were a significant indicator of the rapidly spreading violence and the deep reach of the rebels. THE ASSOCIATED PRESS

Videos

An amateur video showed two armoured personnel carriers with heavy machine guns on top along with troops who were said to be advancing in an empty road toward Midan.

- Another video showed a military helicopter flying over the Damascus neighbourhood of Qaboun. The authenticity of the videos could not be independently verified.

Nasa Indians demand soldiers stay off their land

Nasa Indians drag off a soldier in Toribio, southern Colombia, Tuesday. Dozens of Indians attacked half-a-dozen soldiers guarding communication towers on the outskirts of the town. Indians have demanded that security forces and leftist rebels stay off their land. WILLIAM FERNANDO MARTINEZ/THE ASSOCIATED PRESS

Pakistan. WHO doctor working with anti-polio campaign hit by gunfire

Gunmen in the Pakistani city of Karachi opened fire Tuesday on a vehicle carrying a doctor working with the World Health Organization on an anti-polio campaign, wounding him in the stomach, the organization said.

The head of the World Health Organization's polio-eradication program in Pakistan, Dr. Elias Durry, said the doctor is an international volunteer helping supervise the project. He said the man underwent surgery in Karachi.

Pakistan is in the middle of a campaign to vaccinate children under five. Taliban militants in northern Pakistan have barred the vaccination campaign from territory under their control, saying it can't go forward until the U.S. stops drone strikes.

In a statement, WHO said the attack did not appear to be specifically targeting the doctor.

"At this point, there is no evidence to suggest that this was a deliberate or targeted attack against polio-eradication efforts or WHO," the Geneva-based organization said.

Pakistan is one of only three countries where the disease is endemic. The virus usually infects children living in unsanitary conditions, attacks the nerves, and can kill or paralyze. THE ASSOCIATED PRESS

Pakistani health worker Naela Emanuel gives a polio vaccine to a child in a Christian neighborhood in Islamabad Tuesday. THE ASSOCIATED PRESS

Draft feud divides Israel's coalition

Military. Prime Minister Benjamin Netanyahu loses key Kadima Party votes

Opposition

"We are going back with our heads held high to lead the nation in the opposition."

Kadima Party Leader Shaul Mofaz

Israel plunged toward a political crisis Tuesday after the largest member of the government quit, leaving Prime Minister Benjamin Netanyahu in charge of a hard-line coalition opposed to most Mideast peace moves.

The moderate Kadima Party voted to pull out of the government just two months after joining. The move appeared to push the country closer to early elections, a scenario that would paralyze Mideast diplomacy for months.

Even if Netanyahu manages to hold the truncated coalition together, the sudden crisis has broader implications for Mideast peace, leaving him in charge of a narrow parliamentary majority dominated by religious and nationalist hardliners who oppose concessions to the Palestinians.

Kadima Leader Shaul Mofaz had brought the party into the coalition to work with Netanyahu on ending a contentious, decades-old system that has granted draft exemptions to tens of thousands of ultra-Orthodox Jewish seminary students. But with a court-ordered Aug. 1 deadline looming, the sides were unable to forge a compromise.

Mofaz said he tried to forge a "new social contract," but was presented with "red lines" that couldn't be crossed.

Kadima is the largest party in Israel's parliament, winning one more seat than Netanyahu's Likud Party in the last election, but it was left outside the government when Netanyahu set up his original hard-line team.

The draft exemptions have caused widespread resentment among Israel's secular majority, who are required to perform two to three years of compulsory service. Ultra-Orthodox leaders have been equally adamant in their refusal to compromise, claiming their young men serve the nation through prayer and study. THE ASSOCIATED PRESS

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Air force sex scandal goes to trial

A U.S. military jury Tuesday began hearing the case of an air force sergeant who faces the most serious charges in a widening sex scandal at the base where every American airman reports for basic training.

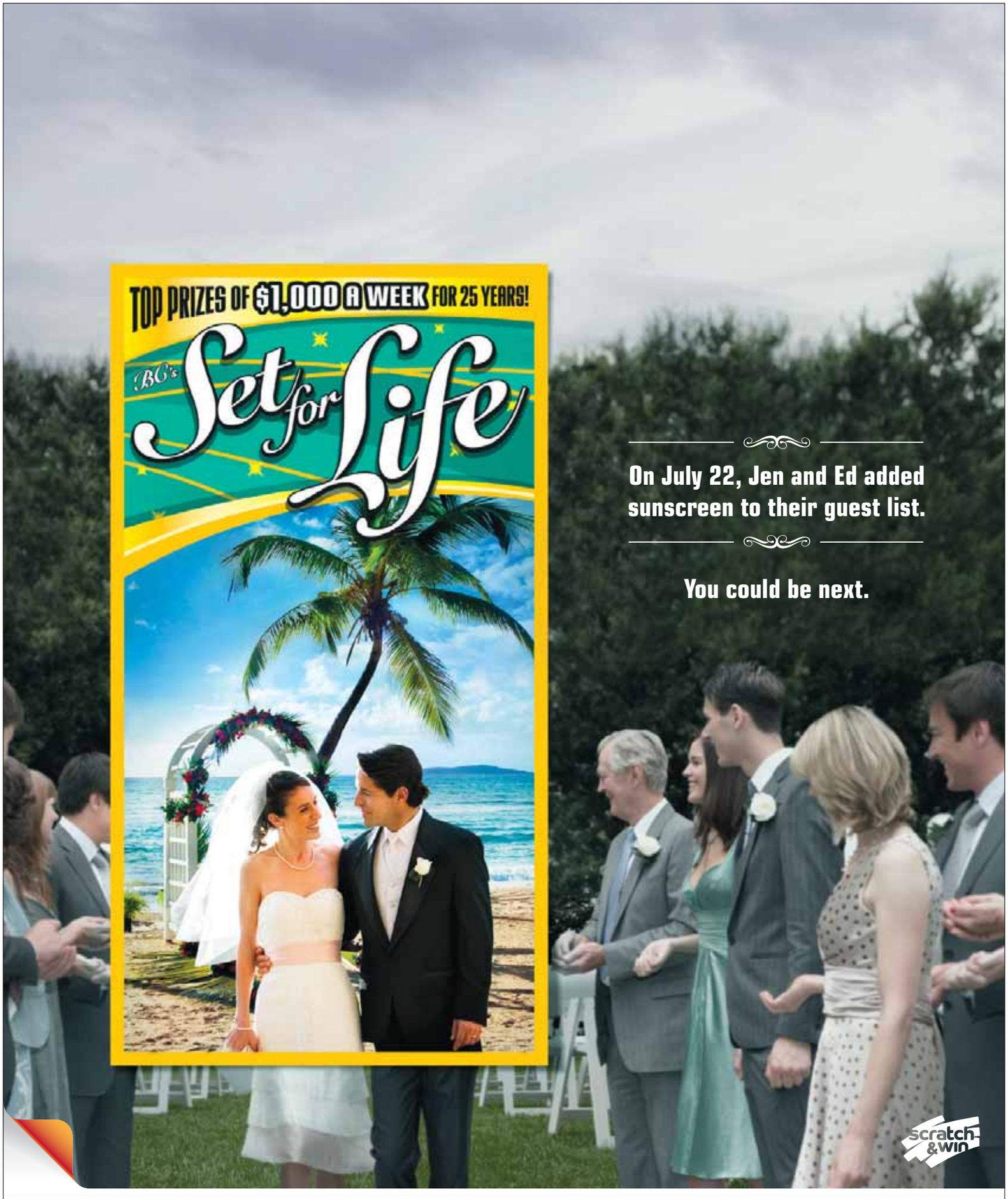
Staff Sgt. Luis Walker is among 12 instructors at Lackland Air Force Base in Texas who are being investigated, and faces the most serious charges — 28 counts, including rape, aggravated sexual contact and multiple counts of aggravated sexual assault. He could get up to life in prison and a dishonourable discharge if convicted.

Six of the 12 instructors under investigation face charges ranging from rape to adultery. At least 31 female trainees have been identified as victims.

The 10 female recruits Walker is accused of either sexually assaulting or engaging in inappropriate sexual conduct with are expected to testify.

Maj. Naomi Dennis, one of Walker's attorneys, told jurors there is no evidence to substantiate the charges against Walker and suggested to jurors that the women may have made up the charges. THE ASSOCIATED PRESS

U.S. air force Staff Sgt. Luis Walker is seen on break during his court martial at Lackland Air Force Base Monday in Texas. THE ASSOCIATED PRESS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Again! Another brazen mass shooting inflames Toronto

Two dead, 23 sent to hospital. Horror comes to a crowded block party just weeks after a mall shooting left the city reeling

Neighbours watch as police investigate at the shooting scene Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

A mass shooting left Canada's biggest city in shock Tuesday.

The searing hail of bullets at a Toronto neighbourhood block party killed two people and sent 23 others to hospital, including a 22-month-old toddler. One person was trampled in the stampede that followed.

One of the two people killed was identified as 14-year-old Shyanne Charles of Toronto.

The other was 23-year-old Joshua Yasay of Ajax.

Some of the wounded have been treated and released. One man remained in critical condition in hospital, police said.

Police say it's the worst gun violence in the city's recent history — and they believe it was gang related.

More grimly, they suspect deadly retaliation to take place and were sending reinforcements to the racially diverse area Tuesday.

More than 200 people were at the barbecue party in the city's east end Monday night when gunmen sprayed the crowd with bullets.

The street was still strewn with empty water bottles and other remnants of the party on Tuesday, as swaths of police tape surrounded the area.

Shannon Longshaw said the party, which she helped organize, started as an afternoon barbecue for neighbourhood kids.

But even as the crowd grew later in the day, she said the festivities stayed friendly — until shots suddenly rang out.

"There was no fighting, nobody got into an altercation, none of that," she said Tuesday morning, after spending much of the night being questioned by officers.

Bruce Strachan has lived in the area his whole life, but said he's now thinking of moving away. "This is shocking," he said, watching police comb the scene.

"I've got my two granddaughters living with me here. I brought them up from Trinidad to be safe from this type of violence and it's right around my corner."

Tears shone in one man's eyes as he said: "I saw people running, I heard 'crack, crack' and I hit the ground.

"It was like a Quentin Tarantino movie."

Mayor Rob Ford called it a "horrible tragedy" but added: "I know this is the safest city in the world. I've always said that, I truly believe it.

"Everyone has to move on and carry on with their life."

Police Chief Bill Blair said police have received "some co-operation" from witnesses, and called on all community members who attended the party to help with the investigation.

"I'm here today to make an appeal through you all, to the many hundreds of people who were present at the event yesterday who may have some information relevant to this investigation to come forward," Blair said.

"We are very concerned not only with the quick resolution and solving of this crime but the potential for retaliatory violence."

Messages of grief quickly appeared on social media.

"The hood gained another angel to look over us, RIP," one person wrote on Twitter.

The shooting came just weeks after a gunman opened fire in a crowded food court at Toronto's Eaton Centre.

One man was killed instantly, another died of his injuries.

THE CANADIAN PRESS

The angry premier

"The actions that unfolded there sadden us and anger us at the same time. They are, in a word, outrageous, something that we cannot and will not stand for, we will not tolerate."

Ontario Premier Dalton McGuinty

Shyanne Charles was shot dead. She was just 14. TORSTAR NEWS SERVICE

Desperate mom tried to save her daughter

A witness described what he said were the last moments of a shooting victim.

The witness said he watched a desperate mother pumping her teenage daughter's blood-splattered chest, wailing, begging the girl to stay awake, stay conscious, as the victim sucked in bursts of air.

"She was sucking air," said Phil, who did not want to give his last name.

"Then she took her last two breaths, real quick, then stopped."

Minutes before his death, Joshua Yasay messaged his close friend Steven.

"He was messaging me saying he doesn't know why he's there, it's not his kind of crowd," said Steven.

"I messaged back and said, 'Don't be there, just leave.'"

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Activists angered. Scouts in U.S. keep ban on gays

After a confidential two-year review, the Boy Scouts of America on Tuesday emphatically reaffirmed its policy of excluding gays.

The Scouts cited support from parents as a key reason for keeping the policy and expressed hope the prolonged debate over it might subside.

Bitter reactions from gay-rights activists suggested that was unlikely.

The Scouts' national spokesperson, Deron Smith, said an 11-member special committee decided the exclusion policy "is absolutely the best policy" for the 112-year-old organization.

But the president of the largest U.S. gay-rights group, Chad Griffin of the Human Rights Campaign, called the Scouts' decision "a missed opportunity of colossal proportions."

"With the country moving toward inclusion, the leaders of the Boy Scouts of America have instead sent a message to young people that only some of them are valued," he said. "They've chosen to teach division and intolerance."

THE ASSOCIATED PRESS

'Powder' in envelope

Magnotta mail sparks shutdown

An envelope addressed to murder suspect Luka Rocco Magnotta caused a major shutdown at a bustling Canada Post sorting centre in Montreal.

A union official said police found a white powdery substance inside the envelope. Police said later the substance was not considered dangerous.

Magnotta, 29, is facing charges including first-degree murder in the death and dismemberment of student Jun Lin.

THE CANADIAN PRESS

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Jewish-deportation archives exhibited

Second World War. One of the worst periods in France's history, unknown to much of the younger generation, gets exposed

They are among France's darkest days: Police dragged more than 13,000 Jews from their homes, confined them in a Paris stadium with little food or water, and then deported them to their deaths in the concentration camp at Auschwitz. But even in France, one of the most brazen collaborations between authorities and the Nazis during the Second World War is unknown to many in the younger generation.

Police are hoping to change that, opening up their archives on France's biggest single deportation of French Jews for the first time to the public on Thursday.

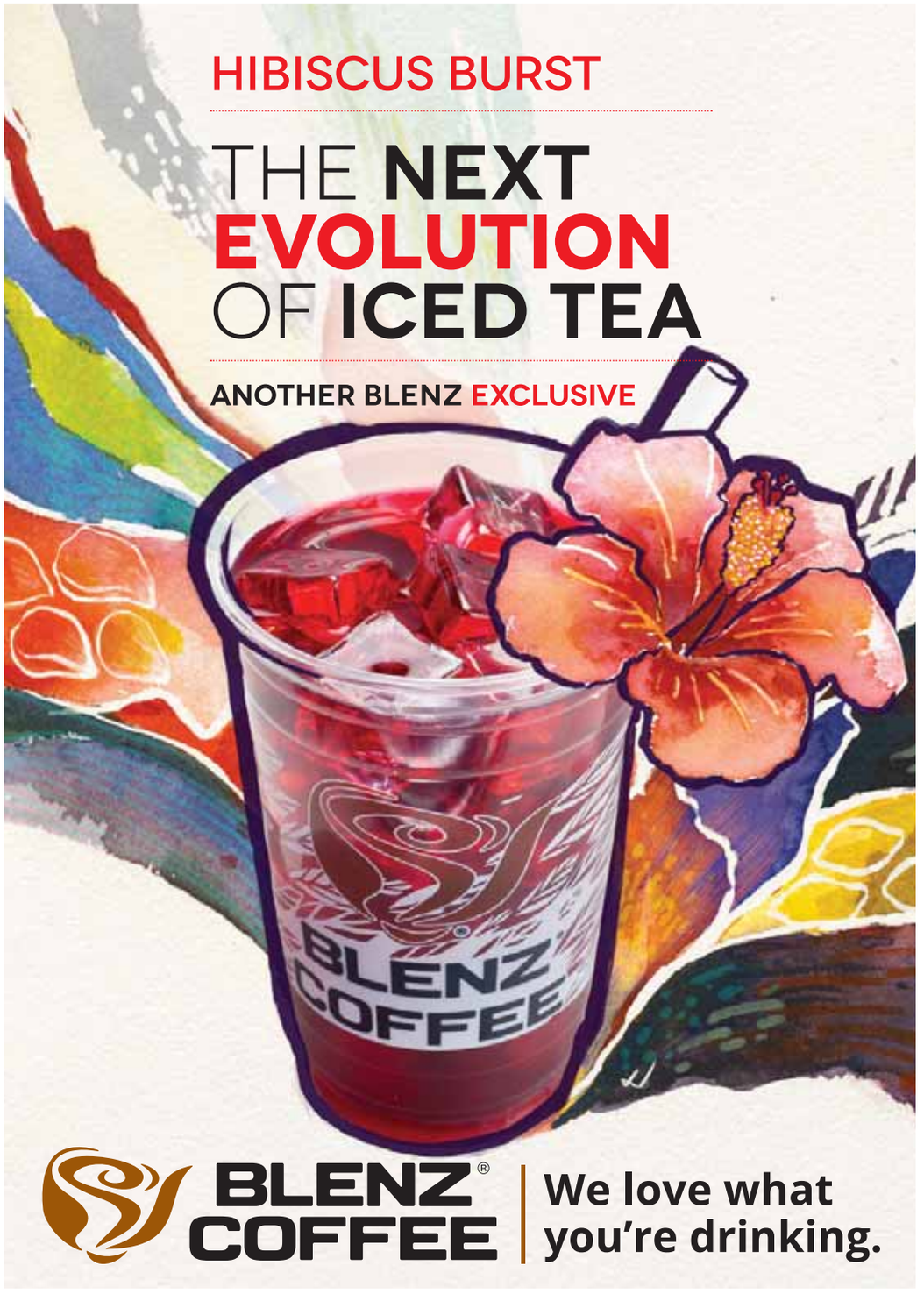
The often chilling records are being exhibited in the Paris Jewish district's city hall to coincide with the 70th anniversary of the two-day "Vel d'Hiv" roundup, named for the Velodrome d'Hiver, or Winter Velodrome. Many thousands were rounded up on July 16 and 17, 1942, then holed up in miserable conditions in the stadium, just a stone's throw from the Eiffel Tower, before being bused to the French camp at Drancy and then taken by train to Auschwitz.

France struggled for years to come to terms with the extent of its wartime collaboration with the Nazis, but over the decades officials have been showing greater willingness to acknowledge the shameful period in its history.

"This is our history, it's vital for the country to know," said curator Olivier Accarie. "Today, we are ready to confront this."

THE ASSOCIATED PRESS

An archive front page of Le Matin reading "Jews must wear the yellow star starting June 7." REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS



Happy 94th. A day to honour Nelson Mandela

Former U.S. president Bill Clinton and his daughter Chelsea visited Nelson Mandela in his home village in South Africa on Tuesday, the eve of the anti-apartheid icon's 94th birthday.

Mandela, increasingly frail, no longer appears in public. Clinton visited his homestead in Qunu, the southeastern village of his birth, and spent more than 90 minutes there. He declined to speak with reporters afterward.

On Wednesday, South Africa and supporters around the world celebrate Nelson Mandela International Day. Millions dedicate 67 minutes of the day to community work and projects for the needy to mark Mandela's 67 years in active politics. Volunteers are building 67 homes for people in shanties and schoolchildren across South Africa will celebrate him by singing Happy Birthday.

THE ASSOCIATED PRESS

A giant mosaic portrait of former South African president Nelson Mandela. THE ASSOCIATED PRESS

Clinton's travels

She's been across the globe, seen it all

Since becoming U.S. secretary of state in 2009, Hillary Rodham Clinton has logged 351 days on the road and travelled to 102 countries, according to the U.S. State Department. Clinton eclipsed Madeleine Albright's record when she travelled to Finland.

THE ASSOCIATED PRESS

At least 11 shot

Shooter targeted person in bar?

U.S. police say a gunman who fired into a crowded Alabama bar with a military-style assault weapon and hit at least 11 people was targeting someone.

Police say the gunman used a military-style assault weapon to fire on the crowd from outside the bar. THE ASSOCIATED PRESS

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Metro takes a look at this summer's hottest music festivals

A crescendo of summer, sweat and song

The Stawamus stage at last year's Live at Squamish festival. JENNIFER GAUTHIER/FOR METRO

GRAEME MCRANOR
vancouver@metronews.ca

Are you ready for the summer? Are you ready for the hot nights? Are you ready for the fireflies, the moonlit skies and a whole lot of fooling around?

It's not clear why I identify with the film Meatballs. After all, I never went to summer camp. But there's something about Camp North Star — and its real-life equivalent — that makes me feel sentimental about those lost summer days of youth.

Of course, I'm too old to go to camp now (though I would totally dominate the Camp Olympiad), but I'm still young enough to enjoy the occasional summer festival.

So are you ready for the summer? Are you ready for the good times?

Then here's a sampling of what's going on in this neck of the woods.

Mission Folk Music Festival (July 19-22)
If you don't get your fill of folk music at the Vancouver festival, head out to Mission's iteration: World, blues, roots and more.

Check out MissionFolkMusicFestival.ca for more info.

Neanderthal Arts Festival (July 19-29)
Summer theatre emerges from its cave for a third year. Featuring new and experimental work from local and national companies. It all goes down at the Cultch.

Find out more at Thal.ca.

Rock the Peach Music Festival (July 27-29)
Anyone up for a road trip? Check out this new festival in Penticton, with the Sam Roberts Band, Collective Soul, Ronnie Dunn, Blackie & the Rodeo Kings, and more.

Visit RockthePeach.ca for more info.

Vancouver Pride Parade & Festival (Aug. 5)
Events start in mid-July and culminate with the parade on Aug. 5.

Get the full calendar at VancouverPride.ca.

Shamhbala Music Festival (Aug. 8-13)
One of the premier electronic music festivals in Canada. It's grown from 500 people in 1998 to 10,000 today. Accepts no corporate sponsorship and is hosted on the same working farm it started on 14 years ago: The Salmo River Ranch near Kaslo.

Visit ShambhalaMusicFestival.com.

Live at Squamish (Aug. 24-26)
Personally, I've seen enough Tragically Hip-headlined events to last a lifetime. But to each their own. Anyway, The Hip headlines this year's LAS, with Mother Mother, Chromeo, the Sheepdogs, the Airborne Toxic Event, Wintersleep and many, many more.

Visit LiveatSquamish.com for more info.

How to reduce your environmental footprint at outdoor music festivals

Rock hard and go green this summer

With thousands of people trampling through the brush and leaving behind plastic bottles, beer cans, and waste, outdoor music festivals can take a toll.

This year, many festivals are doing their part for the environment and are going green. "We are definitely seeing a lot of events trying to reduce their waste," said Lindsay Coulter, with the David Suzuki Foundation. "It allows them to save costs and avoid cleanup afterwards. They are taking measures to reduce their waste and the trampling of green spaces."

Festival goers who want to reduce their environmental footprint at music festivals can consider many options before even leaving the house.

According to Coulter, people can take public transit to avoid parking and gas costs and drink from refillable water bottles.

Once at the festival, Coulter suggests staying on designated paths to help sensitive grass areas recover when crowds disperse. Music lovers can also support food vendors who offer recyclable and compostable plates or cutlery.

Reducing your environmental footprint can even be as simple as picking up a small piece of garbage on the ground, she added.

"The benefits (of outdoor music festivals) can outweigh the cost because they are a huge benefit to our health and we're actually appreciating the environment by getting outside," Coulter said.

KENDRA WONG/FOR METRO

Green is cheaper

Driving vs. public transit:

- $30 for gas/parking vs. $9 adult three-zone day pass

Bring your own water bottle:

- $2-$6 for a bottle of water vs. free if you bring a reusable bottle

Plastic bottles
JUSTIN SULLIVAN/GETTY IMAGES

Summer beats in your backyard

School's out, summer's here and so is the sun. It's time to pack your tent and head out to the hills to experience music the way it was meant to be heard — plopped in the mud with a few thousand of your best (and newest) friends. To help with your summer music planning, here are Metro's suggestions on where to go and what to see.

Live At Squamish
When: Aug. 24-26
Where: Squamish
Who: The Tragically Hip, City and Colour, The Sheepdogs, Lights, Mother Mother and many others.
Info: liveatsquamish.com

MusicFest Vancouver
When: Aug. 10-19
Where: Vancouver, various locations
Who: Cristina Braga and Sal Ferreras, Charlotte Diamond, the Kerplunks, The Vancouver Symphony Orchestra and others.
Info: musicfestvancouver.ca

Voices in the Park
When: Sept. 15
Where: Brockton Fields in Stanley Park
Who: Sarah McLachlan, Bryan Adams, Stevie Nicks, Hedley, Jann Arden, The Boom Booms and Chin Injeti.
Info: voicesinthepark.com

Rockin' River
When: Aug. 9-11
Where: Mission Raceway Park
Who: Randy Bachman, Blue Rodeo, Dwight Yoakam, George Canyon, Aaron Pritchett and others.
Info: rockinriverfest.com

Victoria Electronic Music Festival
When: Aug. 4-5
Where: Victoria, various locations
Who: DJ Craze, Jesse Rose, DJ Shiftee, Charles Feelgood, Smalltown DJs, Flinch and many others.
Info: vemf.org

Center of Gravity
When: Aug. 3-5
Where: Kelowna, City Park and Hot Sands Beach
Who: Lupe Fiasco, Sweatshop Union, Morgan Page and others.
Info: centerofgravity.ca

Summer Night Concerts at the PNE
When: Aug. 18-Sept. 3
Where: The Fair at the PNE
Who: Heart, Olivia Newton-John, Rick Springfield, Down With Webster, Trooper.
Info: pne.ca/thefair

Mother Mother. Music festivals are a spiritual experience, lead singer says

For Ryan Guldemond, performing outdoors in front of thousands of people isn't just about hitting the right set and knowing how to please the crowd; it's become a spiritual experience, a way of connecting with each individual person in the audience.

"Performing outdoors is a neat experience. It's very vacuous, and everything you do dissipates into the ether," he said in an interview with Metro Vancouver. "Festivals like that have a grand feeling.... There's a sense of enormity and significance on our part.... We're contributing to the celestial swirl."

Guldemond is the lead vocalist and guitarist for Mother Mother, a Vancouver-based indie rock band that is one of 41 bands scheduled to hit the stage at Live at Squamish in August.

"It's a nice challenge to rise to because when you get it right, it's really gratifying, When you hit the beats of your set and at the end of the night when everyone is full of life and wanting that finish — it's a good sensation."

Guldemond said music festivals have increased in popularity since they began performing in 2005, and believes there will be a gradual shift towards larger music festivals drawing diverse crowds.

KENDRA WONG/FOR METRO

Mother Mother CONTRIBUTED

What's going on

Mother Mother will take the stage Aug. 26. Other headliners include the Tragically Hip, the Sheepdogs, Chromeo and City and Colour. Live at Squamish runs from Aug. 24-26. Tickets are available at Ticketmaster.ca.

Tips to get your rock on

The crowd watches Hey Ocean perform on the Stawamus stage at Live at Squamish in 2011. JENNIFER GAUTHIER/FOR METRO

Do your homework

Know your bands

With numerous bands that you may or may not be familiar with, it is important to get to know the lineup prior to the festival. Many festivals allow you to preview a band's music on the festival website — make sure you do your homework so that you don't miss an opportunity to check out a new band. Once you've highlighted the bands you want to see and which stages they'll be playing on, plan how you will get from point A to point B.

Wheel around

Bring a bike

Some stages will be set up closer to the campgrounds, while others may be farther away, which means you could be in for a bit of a walk at the end of the night. Organizers encourage festival-goers to resist the temptation to drive all the way down; take public transit to avoid parking fees or waiting for shuttles, and commit to riding your bike. Some festivals offer bike valets free of charge so you can drop off your bike in the morning and pick it up at night.

Buddy up

Arrive together

It's often difficult to plan a weekend away with friends, but nothing brings people together quite like music and booze. When your friends finally agree to go away, encourage them to carpool and arrive together. Most festival campgrounds operate on a first-come, first-serve basis, so arriving with friends means you can ensure that your camping gear will be set up next to each other. It will also make stumbling back to the campgrounds easier if all your stuff is set up in one area.

Rendezvous

Pick a landmark

Wherever and whenever you go, there will be thousands of people everywhere: lineups for food, various crowds swarming different stages, people waiting for the porta-potties. At some point, there's a good chance your group of friends will want to split up and branch out. To ensure nobody gets lost, choose a landmark that everyone agrees to meet at. "Pretend like it's 1995 all over again and nobody is getting texts and no one will be able to call you," said Allan Regan, creative director at brand.LIVE.

Treasure hunt

Check out vendors

When you're not busy crowd surfing, dancing in the mosh pit or drinking, there are other non-music-related activities to do. Local shops and food vendors often bring their services and goods to neighbouring music festivals to give audiences a little taste of the city. Regan suggests scouting out food vendors and shops where you can find anything from sunglasses to clothing, gluten-free food to poutine. Be adventurous, try something you wouldn't normally eat or buy something you'll never use again.

Location, location

Set up shop by the front-house tower

Most people think the best place to watch a concert is to be front and centre. While the idea of having the lead singer's sweat all over you is appealing, resist the urge to rush the stage. If you want the best place to listen to music and see the band perform, set up shop right by the front-house tower. The front-house tower is the two-storey tower located approximately 100 feet back from the stage. It's where the lights and sound are controlled. "The sound is perfect and you can see the whole stage," said Regan.

KENDRA WONG/FOR METRO

Beat boys electrify mainstream pop culture

From '80s underground raves to mainstream domination, electronic dance music — or EDM as everyone calls it — is back with a vengeance.

The growth of EDM has been one of the most remarkable comeback stories in recent times, thrusting DJs or mix masters into the spotlight and bringing soaring synths and club-ready beats back onto radio airwaves.

"I think the biggest thing now is that people just have an open mind," Grammy-nominated progressive and electro house DJ Morgan Page told Metro. "I think with urban music or with hip-hop, there's just so much of that, the saturation — people are eventually saying, 'Enough. I want to hear something different.'

"For a while, (EDM has) just kind of been the black sheep of music, and now people are genuinely excited to be going to (EDM) events," he added.

DJs or mix masters have become household names, including Canadian and Grammy-nominated DJ/producer Deadmau5, who landed on the cover of the Rolling Stone magazine last month, wearing his trademark mouse headpiece.

Grammy-nominated progressive and electro-house DJ Morgan Page.
CONTRIBUTED/MICHAEL DAHAN PHOTO

Other big-name EDM artists like French DJ extraordinaire David Guetta — who has a long list of collaborations with the biggest mainstream artists like the Black Eyed Peas, Usher and Rihanna — and Grammy-winning DJ/producer Skrillex have dominated U.S. music charts with their tracks.

Scott Emslie, owner and operator of Center of Gravity — a beach/music festival in Kelowna, said EDM has exploded in the last two years and they're booking what's hot to provide the "party feel" for its attendees.

"We want to make sure that we're booking the type of music that people want to hear," he said. "The focus this year is electronic dance music and hip-hop."

Emslie, the founder of Wet Ape Productions, which produces large-scale arena shows with some of the biggest names in EDM, said B.C. is a great market for this genre of music.

PHYLICIA TORREVILLAS/METRO

Exclusively online

To read the full story, visit metronews.ca

Outdoor music festival survival kit

If you're a first-time festival-goer, the idea of packing for a getaway with friends for a weekend of no showers and awesome music can be daunting. Outdoor festivals call for a plethora of items but there's no need to pack useless gear, especially when you could put that extra space to better use — like loading up on beer. Music festival veteran Allan Regan, the creative director of brand.Live and responsible for Live at Squamish, shares six essential items to bring to any summer festival.

KENDRA WONG/FOR METRO
vancouver@metronews.ca

1 Plaid shirt

During the summer temperatures get extremely hot during the day and tend to cool off at night. Packing a plaid shirt not only allows you to assert your hipster status at the festival but also will help keep you warm at night when the headliners take the stage.

MIKE LAWRIE/ GETTY IMAGES

KRISTIAN DOWLING/GETTY IMAGES

2 Sunscreen

Let's face it, one of the reasons people go to outdoor music festivals is to take in as much music and sun as possible. Go ahead and soak up those rays, but be warned: Having a burnt body isn't the perfect condition to be crowd surfing in. So make sure to lather on the sunscreen — nose, ears and all.

3 Baby wipes

These aren't just for babies anymore. These multi-purpose wipes can be used to clean your hands before eating a meal, wiping yourself down if there are no showers, or you can use them for their original purpose during those trips to the dreaded porta-potties. Whatever you use them for, you'll smell and feel fresh when everyone else might not.

KENDRA WONG/FOR METRO

4 Empty water bottle

Instead of buying bottled water every time you're thirsty, most music festivals are going green and now offering water at a number of stations. With the sun blazing down on you, and endless screaming and cheering, don't forget to fill up when you need to hydrate; otherwise, keep the empty bottle tucked away in your backpack.

KENDRA WONG/FOR METRO

5 Advil

Music festivals are 50 per cent about the music, 50 per cent the experience, and 100 per cent drinking. Alcohol consumption is one of the main events, second to listening to your favourite bands, so best be prepared for endless nights of drinking. Stock up on your choice hangover tablet to prevent headaches that could ruin the next music-filled day.

KENDRA WONG/FOR METRO

6 Flashlight

KENDRA WONG/FOR METRO

Once your ears are done ringing and your feet are so sore you can barely stand, then comes the fun part: trying to find your way to the campgrounds. At some festivals, they can be a 20-minute walk away, so rather than stumbling around (probably intoxicated), make sure to bring a flashlight to help guide your way back.

SWEATSHOP UNION

Colin "Dusty" McCue of Vancouver hip-hop collective Sweatshop Union talks to Metro about performing in outdoor festivals and being in the music industry for more than a decade

INTERVIEW

CONTRIBUTED

You guys have sold out shows across the world, opened for high-profile artists, and gained a big following. What's the secret to the group's success?
I think it's just that we genuinely love doing it. I think regardless if people are into it or not, we'd still be doing it. I have the time of my life on stage and I know everyone else feels the same way. Getting in the studio and making songs is an even better feeling. A lot of times I watch bands on stage and they seem like assembled bands. They put on a great show, but it's more like they're going through the motions and they're not actually genuinely loving what they're doing. We're like a family. There's just so much love in what we do I think people just pick up on, and it's contagious.

The group has been known for being politically and socially conscious and mixing it with your rhymes? Where did this interest come from?
We want to be about something, whether it's something that has some social impact or about impacting someone with a feeling. Right now, our whole thing is encouraging people to enjoy life and make the most of it. It might not be a political thing, but I think it has huge social importance. Once people start enjoying life and seeing the beauty in it, all of a sudden it just becomes better and it spreads. People are happier and they start making better choices.

How do you like performing in outdoor music festivals?
I love playing shows in clubs or small bars. That's a great feeling. But my goal in the next few years is to travel the world and only play in festivals year-round. I believe that music is kind of like a turtle tank. You have a small tank, your turtle's only going to grow so big. But give him a huge tank and he grows even larger. I feel like our music is the same thing. If you put us on a huge stage in front of a huge crowd, we can do huge things.

What kind of experience can/do people get from watching you guys?
We want to project and give these people as much excitement and energy as they could possibly handle and as we could possibly handle. We would literally jump until our legs give out from beneath us. We'd leave the stage sweating. It's all about energy and excitement. That's all we want to bring.

PHYLICIA TORREVILLAS/METRO

Exclusively online

To read the full interview, visit metronews.ca

Canadian credit card users may face higher costs

Extra fees. Canadian retailers currently absorbing transaction charges when customers use their Visa or MasterCard

Canadian shoppers who use credit cards may soon find themselves slapped with extra fees, if retailers win a fight against being stuck with transaction charges from Visa and MasterCard.

Retail organizations renewed their calls Tuesday for Ottawa to loosen credit card regulations following a landmark ruling south of the border that could have implications for a case that will be decided by a federal tribunal later this year.

Last week, a landmark settlement in the United States between Visa, MasterCard and merchants thrust the debate back into the spotlight in Canada.

The two credit card companies, as well as several major banks, reached an agreement to pay U.S. retailers at least $6 billion US to settle a long-running lawsuit that alleged the card issuers conspired to fix the fees that stores pay to accept credit cards.

The Canadian Federation of Independent Business (CFIB), which has more than 100,000 member businesses across Canada, is calling for changes to the federally regulated code of conduct that would allow retailers more rights, including the ability to make credit card users pay a surcharge or refuse credit cards at their stores.

The CFIB wants merchants to have the ability to add surcharges on credit card users that would counteract the transaction fees charged by some credit card companies

Competition Bureau

- The Competition Bureau argues that restrictive contracts by Visa and MasterCard allow the two credit card companies — which represent 92 per cent of the market — to essentially dictate terms to merchants.
- The tribunal has the power to force credit card companies to change their operations, but it cannot levy a monetary penalty in the case. A decision is expected later this year.

Currently Visa and MasterCard rules state that merchants cannot levy any surcharges on credit card users, forcing retailers to absorb the cost of usage themselves.

THE CANADIAN PRESS

Little mice vs. big pharma

Michel Vandenbosch, head of the animal-rights group Gaia, displays some fake mice as he stages a protest in front of a local branch of the international pharmaceutical company Ipsen, in Merelbeke, Belgium, on Tuesday. Protesters are demanding that Ipsen stop using mice for testing its Botox brand. YVES LOGGHE/THE ASSOCIATED PRESS

Tech trends

Thinner screen for next iPhone?

A published report says the new iPhone will have a thinner screen. That could leave more room for a larger battery.

The Wall Street Journal is citing unnamed people familiar with the matter in reporting that the new iPhone will have a screen that can sense touches without the need for a separate, touch-sensitive layer. Tuesday's report says that would shave off half a millimetre from the thickness of the screen.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.76¢ US (+0.21¢)

TSX
11,571.19 (+50.02)

OIL
$89.22 US (-79¢)

GOLD
$1,589.50 US (-$2.10)

Natural gas: $2.796 US (-1¢)
Dow Jones: 12,805.54 (+78.33)

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SPAM — ONE OF THE WORLD'S WONDERS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Let the bells ring out! Let the banners fly!

It's the 75th anniversary of Spam, the canned lunch meat that tastes like dog food. (Quickly, lest the Hormel people get offended, we're talking high-quality dog food.)

Back in the dietary Dark Ages, I literally grew up on the stuff and its legion of imitators (Spork, etc.). The gelatinous goop that came with it made me gag, but vapourized nicely when the Spam was fried, and fried Spam and fried eggs with fried potatoes was a common staple, along with anything else that could be fried.

Too often around our house, it resembled that legendary Monty Python sketch set at the Green Midget Café, where all the dishes came with Spam (e.g. Spam, Spam, Spam, Spam, egg and Spam), prompting an outraged customer to ask: "Don't you have anything without Spam in it?" while a band of Vikings belted out a rousing chorus of "Spam! Spam! Spam! Wonderful Spam!"

Made from ...

"Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham."

Not sure how the Vikings ended up in a sketch about Spam.... Oh, those Monty Python guys.

If you have a tender tummy, you might want to skip over this next bit. Spam now comes in 13 varieties, including jalapeno, cheese, hickory smoke and, for a limited time (to celebrate the Broadway opening of Spamalot), golden honey grail and stinky French garlic.

Of course, classic Spam is allegedly composed of pork shoulder and ham, heavy on the shoulder, light on the ham. It was launched to a hungry, Depression-rattled nation on July 5, 1937, and since then more cans of Spam have been sold than there are people on Earth. That's a lot, more than seven billion and counting. If you slice it thin, you can feed a horde of Vikings on a single can, which retails for an average price of $2.97. Just add Kraft Dinner, spread ketchup over the whole thing and bon appétit!

While fastidious vegan locavores may turn up their noses, people in Guam can't get enough Spam, consuming more than 16 cans per person per year, according to that estimable journal of record, Time magazine. Sadly, 60 per cent of deaths in Guam are directly attributable to poor diet and lifestyle. Score one for fastidious vegan locavores.

For those who can't get enough of this stuff, there's the annual Spam Jam in Honolulu, another Spam hotspot. The 10th annual edition was held on April 28, where aficionados chowed down on Spam-fried rice loco moco or Spam nachos at Jimmy Buffett's.

Hey, it's a lifestyle. Just not a long one.

Spam, the often-maligned classic canned lunch meat, fits deliciously into frugal grocery budgets. DAVID MCNEW/GETTY IMAGES

Come on, just grin and bear it

STEVE MORGAN/GREENPEACE

Environment campaign

'Polar bear' arrest at U.K. gas station

This "polar bear" activist got a frosty reception from police after Greenpeace targeted Shell gas stations in Edinburgh and London.

Campaigners believe the Arctic ecosystem is being threatened by oil exploration. Greenpeace said it used an emergency shut-off switch to stop gas to the pumps at one station in Scotland.

METRO

One side says ...

"An oil spill in the Arctic would be catastrophic for wildlife such as walruses and whales. The Arctic must be saved and made a global sanctuary where oil drilling is banned."
Sara Ayech, climate and oil campaigner at Greenpeace

The other side says ...

"Shell recognizes that certain organizations are opposed to our exploration program Offshore Alaska and we respect the right of individuals and organizations to engage in a free and frank exchange of views about our operations."
Spokesperson for Shell

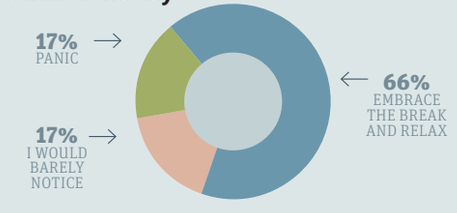
Arctic's arsenal

- **Hunting for oil.** Shell is due to begin drilling at two offshore sites in the Alaskan Arctic in the coming weeks. Russian oil giant Gazprom is also venturing into the Arctic this year.
- **Untapped resources.** The Arctic holds 13 per cent of Earth's undiscovered oil reserves and 30 per cent of its undiscovered natural gas, the U.S. Geological Survey says.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do if your Internet went down for the day?



Twitter

@BrentButt:
I'll be happy when this goofy "put bacon in/on everything" trend passes.

@streetcrow:
Walk walk walk walk walk walk. Freeze. Walk walk walk walk walk walk

@LAGalaxy:
RT @bj6: It's been nice Portland but up early on the way to Vancouver. More points to go get.

@iAmitKhanna:
@ShaneOBrien55? "Are you up to this job? @roxyVancouver is hiring a General Manager at http://jobsprout.ca/jobs/539/general-manager #Vancouver #Jobs" | @Jobsprout

@deekaysee:
@SnoopDogg last #PuffPuffPass-Tuesdays before your #Vancouver show! Could not be more excited!!!

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2
SCENE

Scene in brief

Simpsons coming to Springfield?

A businessman in Springfield, Ore., says it's time for the city to embrace its most famous fictional residents and create a shopping district with a Simpsons theme. Jack Koehler owns Sweety's Frozen Yogurt, and he says business has been up since he put a set of Simpson statues in front of his store. He thinks the city should get involved, and he's proposing that a few blocks of downtown Springfield be turned into a Simpsons-themed shopping district. The city's community relations manager, Niel Laudati, tells KVAL there's no demand from the public, and he doubts anyone wants to spend tax dollars to license cartoon characters. But Laudati says the city would get behind the idea if it would benefit downtown and if other business owners and the community supported it.
THE ASSOCIATED PRESS

On the web

Post-divorce, hope grows for a renewed film career for Katie Holmes

Bane is back, recast, reimagined and finally living up to all the hype. HANDOUT/WARNER BROTHERS

The best and worst of Batman

Dark Knight on the rise. It hasn't always been box office brilliance as Metro looks at the Caped Crusader's past

IN FOCUS
Richard Crouse
scene@metronews.ca

Sometimes even villains get a second chance. The Dark Knight Rises, the last entry in Christopher Nolan's epic Batman trilogy, digs deep into Caped Crusader lore to reintroduce brawny bad guy Bane.

The abnormally strong antihero first appeared in the comics in 1993 but after a ridiculous appearance in Batman & Robin earned the title as the worst onscreen Batman baddie. As a scrawny convict pumped up by a drug known as Venom, he did little except growl and act as the punch line for a bad joke by his creator Dr. Jason Woodrue. "I call this little number Bane," he says. "Bane of humanity!"

The movie killed the Batman franchise for seven years, and it looked like Bane, played by wrestler Jeep Swenson — Holy haberdashery, Batman who chose his bad lucha libre mask? — would also be relegated to the big scoundrel cemetery in the Sky.

Then Nolan cast Tom Hardy, got rid of the ridiculous mask and gave the brute a second chance. So Bane is back and super-evil, but how do other Batman big-screen baddies stack up on the Batscale of finest to vilest?

Ivy proved to be onscreen poison. HANDOUT/WARNER BROTHERS

The Joker became nothing more than a bad joke over time.
HANDOUT/ABC

The Bat's Best

Cesar Romero and Jack Nicholson both played The Joker, Batman's arch nemesis, but Heath Ledger's Oscar-winning take on the psychotic clown in The Dark Knight is the most menacingly memorable.

Burgess Meredith made The Penguin's trademark squawking voice popular, but it was Danny DeVito in Batman Returns who really showed what a megalomaniacal monster he really was.

"You're just jealous because I'm a genuine freak and you have to wear a mask," he said. Batman has battled plenty of female foes but feline fiend Catwoman is the pick of the litter. Whether it's Lee Meriwether meowing, "You're going to see the purr-fect crime, when I get Batman in my claws," or Michelle Pfeiffer wielding a 12-foot bullwhip, the creepy kitty is fun enough for nine lifetimes.

The Winged-One's Worst:

Too many one-liners from Two-Face in Batman Forever left critics unable to turn the other cheek after Tommy Lee Jones's over-the-top performance. As played by Uma Thurman in Batman & Robin botanist-turned-eco-terrorist Poison Ivy proved that not even Mother Nature gets it right every time.

If for no other reason than the joke "Ice to see you!" Batman & Robin's cold-blooded killer Mr. Freeze (Arnold Schwarzenegger) makes the worst-of list. The Governator should've been sent to the cooler for his line-readings in this one.

On the web

Who was the best Batman and what did Anne Hathaway do to prepare for her role as Catwoman? Metro delved into the world of the Caped Crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katie Holmes. ALL IMAGES GETTY PHOTOS

Katie Holmes in another car accident

Katie Holmes may be enjoying her new life as a single mom in New York City, but it has been a bit more unpleasant for her chauffeur.

For the second time in a week, Holmes' car was involved in a fender-bender, with the latest incident leaving a huge dent near the car's tail.

Holmes and daughter Suri were leaving Suri's gymnastics class when their chauffeured Mercedes was struck by a recycling truck near 33rd Street and Sixth Avenue, according to E! News.

No one was injured and a police report was filed once Holmes and daughter were home.

A few days earlier, a paparazzi vehicle hit the Mercedes while it was taking them home from a toy store.

Miley Cyrus' brother taken to hospital

Miley Cyrus' younger brother, Braison Cyrus, was rushed to the hospital when he started spitting up blood because of complications from a surgery.

"I got my tonsils out last week," Braison explained to his fans via Twitter.

"Not sure what happened exactly but long story short my artery opened and I was (bleeding) a lot. All good now."

The Word

Silverman saving Obama through sexual favours?

THE WORD
Monica Weymouth
scene@metronews.ca

Plenty of celebrities are hosting fundraising events for the Obama campaign, from Sarah Jessica Parker's swanky A-list party at her New York City apartment to Gwen Stefani's upcoming family picnic in Los Angeles. But only Sarah Silverman has offered sexual favours in exchange for campaign contributions.

In a short video titled An Indecent Proposal, Silverman — in her trademark cereal-stained hoodie and last-night's ponytail — attempts to persuade

billionaire casino magnate Sheldon Adelson to cancel his $100 million check to Mitt Romney.

"If you give that $100 million to Obama instead of Romney, I will — well, I won't have sex with you because we're not married and I'm a nice girl, but I will 'scissor' you wearing a bikini bottom through to fruition," she says.

"You'll be the only elderly billionaire on the block to have traditional lesbian sex through to climax with a girl who had her own show on Comedy Central."

Like all Sarah Silverman skits, it's probably funny if you can keep your eyes open — but we're not risking it.

Sheen making big promises

Charlie Sheen is looking to do some good, vowing to donate one per cent of his profits from his new show, Anger Management, to the USO, a nonprofit that helps members of the U.S. military, according to Hollyscoop.

Sheen has declared he will donate a guaranteed $1 million, with no upper limit to what he'll donate should profits increase.

Charlie Sheen

The initial million marks the highest donation made to the organization from an individual.

Twitter

@MileyCyrus
How is it legal for men I've never seen before to sit in front of my house and then follow me around! So shady and scary

@YO_RANDYJACKSON
Who in their right mind buys gold shoes...

@ElizabethBanks
I cannot get enough of the Nestle Crunch Girl Scout Candy Bars!

@SteveMartinToGo
I'll be coming out as gay to promote my next bluegrass album but will return to straight after tour is over.

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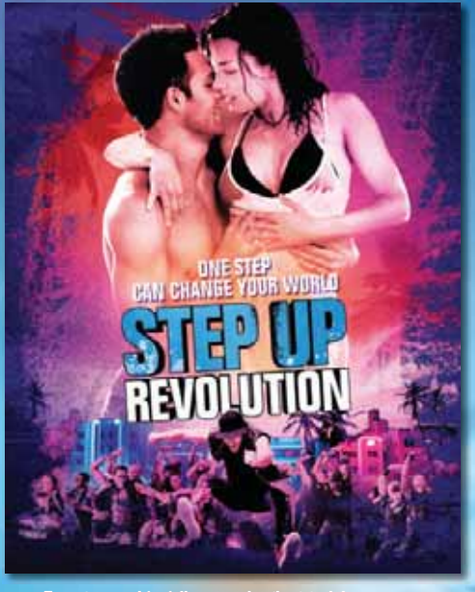

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3 LIFE

Travel in brief

New Yorkers embracing ferry life

More than one million passengers have ridden ferries across the East River since the service was launched just over one year ago, New York City Mayor Michael Bloomberg said Monday. That's more than double in initial projection of 409,000 riders, Bloomberg said as he and City Council Speaker Christine Quinn rode the ferry from North Williamsburg in Brooklyn to Pier 11 in lower Manhattan to mark the milestone. The ferries, which make it fast and easy to reach waterfront businesses, parks and other locations, are popular with tourists as well as locals.

THE ASSOCIATED PRESS

On the web

Everything old is new again: Rodin Museum in Philly is reopening with the same look as in 1929

Hudson River Park: A destination for recreation

Urban oasis. A group of dedicated New Yorkers have turned a once-derelict patch of Manhattan into a place for outdoor fun

In the past decade, the decrepit piers and industrial zones along eight kilometres of the Hudson River on Manhattan's West Side have been utterly transformed.

Hudson River Park is now a destination that gets 17 million visits annually, with a bike path, green spaces, playgrounds and recreation ranging from mini-golf and skateboarding to kayaking and even stand-up paddleboarding. Melissa Lopez rented a bike a few weeks ago and was amazed at what she saw as she rode downtown through the park.

"It was gorgeous, like a little nature haven, beautiful flowers, trees, and only when you looked over to your left (at the buildings), did you realize you were in between a concrete jungle and this beautiful river," said Lopez, 29, who came in from her home in suburban Westchester for the day. "Everyone was doing something active — sunbathing, rollerblading, bike riding. There was one pier with a volleyball court with sand. I kept asking my boyfriend, 'Are we really in New York City?"'

Lopez's reaction is proof of just how much things have changed along the river. For much of New York City's history, "the waterfront was where the industrial areas were," said Madelyn Wils, president and CEO of the Hudson River Park Trust. "Then in the 1960s, the port business went away and the waterfront areas became so derelict they were an embarrassment. If you saw pictures of what this looked like even 10 years ago, you'd say, 'How could anyone let that happen?"'

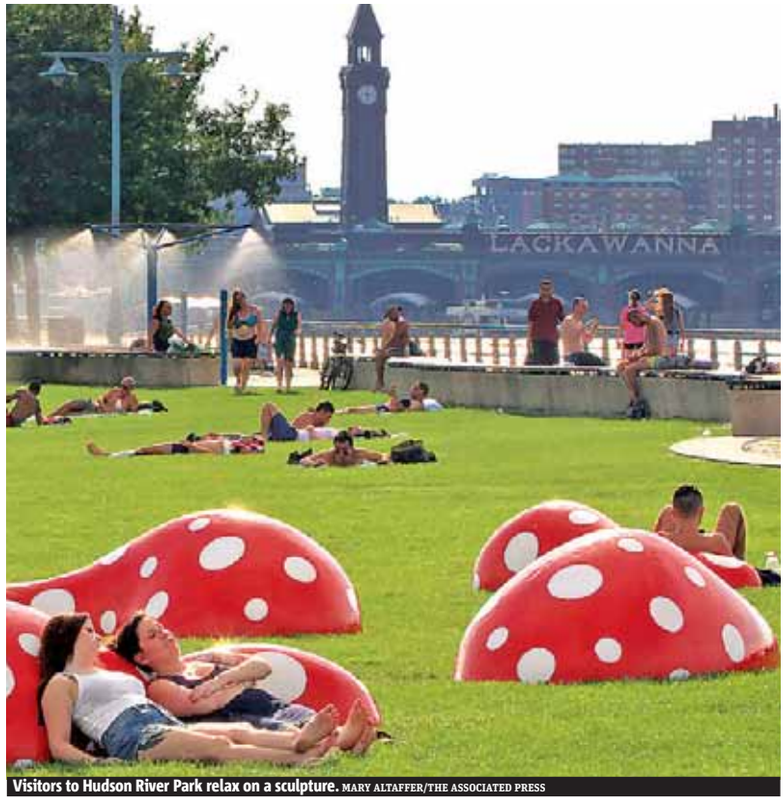
Looking at the ribbon of spotless walkways, plantings and creative play areas along the river today between Battery Park City in Lower Manhattan and 59th Street, it's hard to imagine what Wils is describing.

But when she and other New Yorkers began working to create the park in the late 1990s, one of her goals as a mother of three living in Lower Manhattan was simply to make more places where kids could play. In 1998, the city and state provided land for the park, and construction began in 2001.

Last year's opening of Pier 25 in Tribeca, now one of the park's most popular areas with mini-golf and volleyball, was a crowning achievement.

There are still small sections along the water awaiting redevelopment — a pound for towed cars, a facility for Sanitation Department trucks — but the walkways and bike path are uninterrupted. (Wils says the park has "more bikes on the bike paths than anywhere else in the country — 6 million a year.") Between playgrounds, lawns, sports facilities, boating options and other amenities, the park's attractions number in the dozens.

"There are so many different boating opportunities in the park now," said Nancy Brous, metropolitan region director for the Hudson River Watertrail. Many of the programs are run by volunteers to educate New Yorkers who may never have been in a kayak or out on the river before, Brous said, but the walk-up kayaking programs also get "a lot of out-of-town visitors. This is something that's really going to be driving the tourist trade as time goes on and more people seek it out."



Visitors to Hudson River Park relax on a sculpture. MARY ALTAFFER/THE ASSOCIATED PRESS

Another aspect of the recreational boating programs is teaching the public about the river. It's a tidal estuary, so the currents are strong, and the water can be murky as the tidal flow stirs up silt. "It's not crystal clear and you can't see that deep into it, but it's not pollution," Brous said. "People are very surprised when they learn about the water quality. Just by the birds you can tell it's clean — they're out there and they're catching fish."

Hudson River Park is also home to historic vessels that can be toured; public art like the AIDS memorial at 11th Street; yoga and other fitness programs; concerts, walks and talks, including a Sunday morning nature tour where participants learn about the park's 85 species of birds. Little wonder the park has started turning up in travel guides to New York City as an option for visitors looking for something to do besides shopping, theatre and museums.

THE ASSOCIATED PRESS

If you go...

- **Hudson River Park.** Battery Park City to 59th Street. Walkway, bike path, playgrounds, sports, boating. Detailed information on activities and calendar of events including fitness classes and concerts, hudsonriverpark.org.

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Escape the city — and your iPhone and BlackBerry — in the Adirondacks, where all you'll need is a canoe for peace of mind. Here's our top four things to do.

AMBER RAY, METRO WORLD NEWS
travel@metro.lu

4 To-dos in the mountains of New York

It's increasingly difficult to truly "get away from it all," but one of Northeast America's most popular destinations still offers a real escape from your busy life back home.

New York's Adirondack Park is the largest wilderness area east of the Mississippi. (That's approximately 6.1 million acres where you have the potential to receive absolutely no cell phone service.) Outdoor adventure is the draw here; centering your trip around the High Peaks region, home to the village of Lake Placid, provides the opportunity to climb the state's tallest mountains, wade in world-class fly-fishing waters, and learn to paddle board, all in the same weekend. Because when you're negotiating a pitch or landing a brook trout, the last thing on your mind will be the week's sales reports.

Hiking and climbing

The Adirondack Mountain Club's High Peaks Information Center at Heart Lake (1002 Adirondack Loj Road, Lake Placid; 518-523-3441), is home base for some of the area's most popular trail heads — from short, easy hikes with big views (Mt. Jo) to classic slide climbs (Trap Dyke) to day-long excursions that culminate in standing atop New York State.

Fishing

Renowned for its rugged beauty and optimum conditions for a high trout population, the West Branch of the Ausable River is one of the most prized waterways among fly fishermen.

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Where to stay: Golden Arrow Lakeside Resort

Seeking adventure doesn't require roughing it. Golden Arrow Lakeside Resort is a lovely, comfortable hotel located directly on Mirror Lake — swimming and paddle sports are inherently part of the deal here. Splurge for a waterfront room, where waking to views of the lake and Whiteface Mountain are inspiration for your day's Adirondacks excursion.

Need a little help planning your outdoors activity? The hotel has teamed with EMS to offer adventure packages. (2559 Main St., Lake Placid; 518-523-3353. Regular room rates start at $159.)

Splurge for a waterfront room at the Golden Arrow Lakeside Resort. HANDOUT

Paddle sports

The Saint Regis Canoe Area, northwest of Lake Placid, covers 18,400 acres of wilderness waterways designated for canoe and kayak use — no motors allowed. For rentals, guide services or just tips on trip planning, St. Regis Canoe Outfitters has locations in Saranac Lake (73 Dorsey St.; 518-891-1838) and at the edge of the St. Regis Wilderness (Floodwood Road at Long Pond Portage, Lake Clear; 518-891-8040).

Too many croissants? Here's how to burn off calories while seeing the sights in Paris

LIZ BROWN
life@metronews.ca

Paris — the City of Light — is also the city of anything but light fare.

After days of dining my way through one of the greatest gastronomic destinations in the world and doing nothing but strolling through boutiques to burn off my decadent indulgences, I laced up my running shoes with the memories of croissants, cassoulet and confit de canard pushing at my waistband.

This is the route I followed, a run I suggest to others visiting Paris. It's a touch sportif with a dash of French culture.

Lace up your running shoes to get a dash of French culture. LIZ BROWN/METRO

ASW909/FLICKR

1 Avenue de l'Opera

Set off with the shopping mecca Galleries Lafayette at your back, the perfect place to shop for high-end fashion or quaff a flute of champagne at one of the mini-cafés positioned throughout the department store. Run past the gilded Opera (where Gaston Leroux set the Phantom of the Opera) and down the Avenue de l'Opera.

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Place de la Concorde

Down the Avenue de l'Opera can be a treacherous run, so keep your head up as you navigate the hordes of meandering pedestrians out for a promenade and the numerous sidewalk bistros where garçons balance carafes of wine on trays held above their heads.

At the Rue des Pyramides, turn right and you'll soon stumble upon the Jardin des Tuileries, a runner's haven in the middle of the city and one of the city's most visited gardens, wedged between the Louvre and the Place de la Concorde.

DIERKSCHAEFER/FLICKR

The Louvre

Slip through the Tuileries' gates and turn right, following the gritty gravel path populated by other runners. Run the length of the garden and round the corner for a full view of the Place de la Concorde, the site of Louis XVI and Marie Antoinette's executions by guillotine in 1793. Straight ahead, in the distance, you'll catch your first glimpse of the Eiffel Tower. Follow the track as it bends left, head down the steps and then up again, where you'll spot the Louvre.

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Musée d'Orsay

At the end of the tree-lined path, turn right on Avenue du Gal Lemonnier and cross the Seine at the Pont Royal. Round the corner onto Quai d'Orsay and pass the Musée d'Orsay — home to works by Monet, Gauguin, Renoir and Van Gogh.

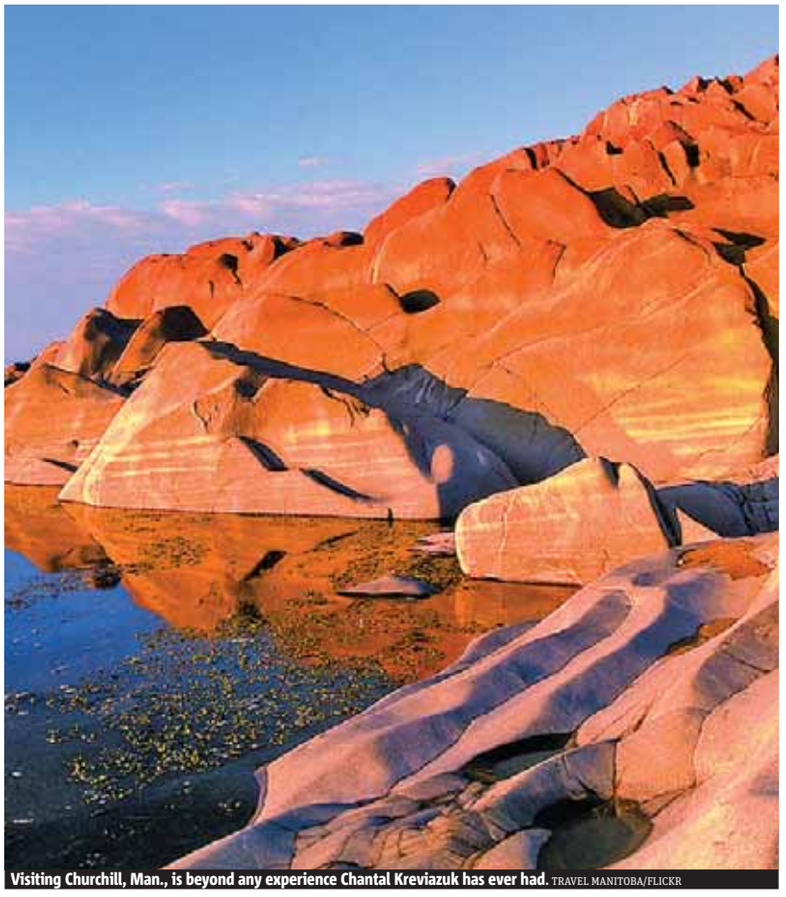
LIZ BROWN/METRO

The Eiffel Tower

Stay the course along the Seine, along the Quai D'Orsay as it bends into Quai Branly, and you'll soon see the top of the Eiffel Tower poking between the roofs of Parisian apartments.

Soon the crowds will thicken once again and you'll most likely be forced to walk. You might want to, though, as the Eiffel Tower rises above you. At Pont D'Iena is a little creperie booth. If you're like me, you'll probably have realized at this point some sights — and cities — are better enjoyed at a more leisurely pace. Order the Nutella et banane crepe. I did.

TERRAZZO/FLICKR



Visiting Churchill, Man., is beyond any experience Chantal Kreviazuk has ever had. TRAVEL MANITOBA/FLICKR

Churchill offers true solace for Chantal Kreviazuk

Reconnecting. Singer-songwriter loves taking time to unwind in the land of polar bears and dogsled runs

Chantal Kreviazuk
HANDOUT

My favourite Canadian spot is Churchill, Man. I have been going there for years, for all sorts of reasons — ranging from personal trips, to program awareness building for Polar Bear International.

I have also gone to the region for a discovery voyage regarding my ancestors who used to run the land up at York Factory, the very origin of The Trade.

It is an adventure in the summer — you must have a rifle nearby, the polar bears roam about ... the belugas are feeding in the bay, it is beyond magical.

This remote place offers true solace ... I find myself totally offline, and reconnected — to nature and humans ... everyone up there seems to be there for the same reasons ... it's the ultimate escape into "like-minds" or parallel intentions. Especially in Churchill in the winter, when it can get brutally cold, I feel like it's a true bonding experience with the other people up there.

The food is unexpectedly sophisticated and delicious, perhaps to completely blow away the common tourist, not sure ... but it's ridiculous.

Putting hot rocks in your mitts and boots, sitting by the fire with hot chocolate after a dogsled run ... or hanging on the tundra buggy for hours on end watching the polar bears in the behaviour patterns ... it is beyond any other experience I have had.

Every time I go, I truly feel like it's the first time back.

CANADIAN SINGER-SONGWRITER CHANTAL KREVIAZUK'S NEW CD/DVD SET IN THIS LIFE WAS RELEASED EARLIER THIS MONTH. RECORDED LAST SUMMER AT THE JACKSON TRIGGS AMPHIMEATRE, THE JUNO AWARD WINNER IS ACCOMPANIED BY THE NIAGARA SYMPHONY WHILE SHE PERFORMS HER HIT SONGS.

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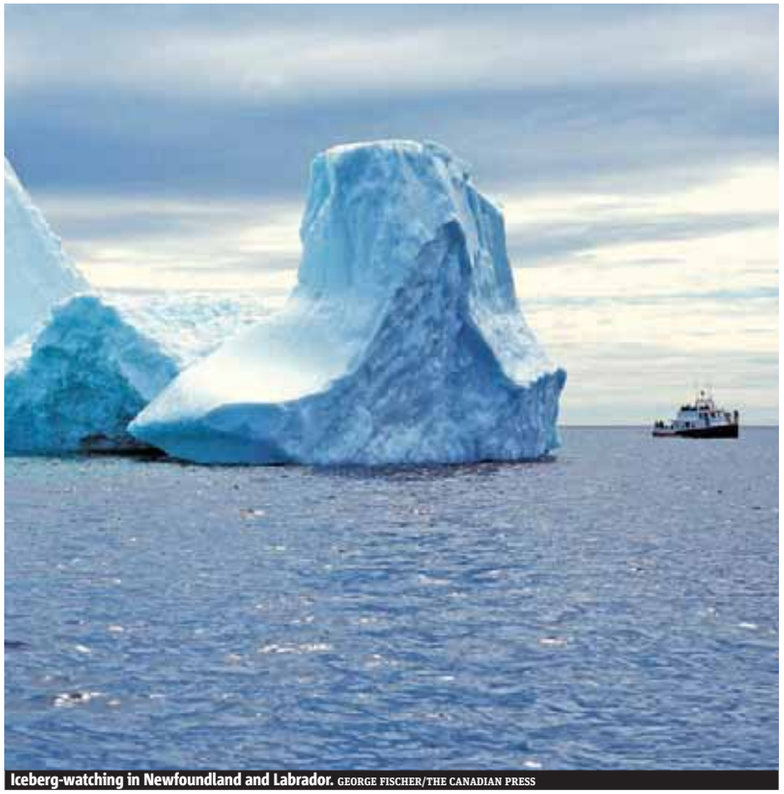


Iceberg-watching in Newfoundland and Labrador. GEORGE FISCHER/THE CANADIAN PRESS

115 of the best places to travel in Canada

Unforgettable Canada. Writers document Canada's natural wonders and urban attractions in latest edition of book

When you start planning your next trip, why not stay in Canada? You can take in the Montreal Jazz Festival, the nightlife in St. John's, or the Calgary Stampede.

Canada has many scenic vistas, natural wonders and urban attractions to offer travellers, but many Canadians don't know these special places exist.

"When was the last time someone did a good 'best of Canada' book?" was the question Noel Hudson asked himself when thinking about the next book he was going to write.

Together with longtime friend and photographer George Fischer they wrote Unforgettable Canada: 115 Destinations. The book, published by Boston Mills Press, showcases the best attractions the country has to offer.

From British Columbia to Newfoundland and Labrador and everywhere in between, the book explains where you can go iceberg-watching or see a sandcastle competition.

It took two years to compile photographs, research and write the book. But in reality, it actually took Hudson and Fischer much longer than that.

"The information for the trips were collected by both of us over a 15- to 20-year period," says Hudson, 56, in an interview. "It took us that long to amass all the information and knowledge about all these places."

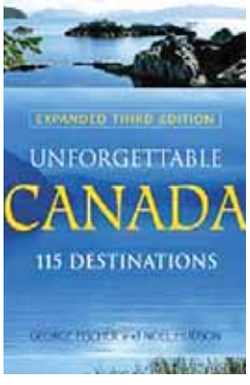
The book, now in its third edition, began with 100 destinations that Hudson and Fischer chose from previous travels.

"We talked extensively about where we've travelled over the years and what we'd like to put in the book," says Hudson. "We talked about what we really liked, places we'd been to, places we'd still like to go that we always thought about going."

They attempted to strike a balance between big trips and smaller activities. The book includes the once-in-a-lifetime, two-day Rocky Mountaineer train trip from Calgary to Vancouver and more accessible excursions like going to the CN Tower in Toronto.

Hudson says both he and Fischer have been to roughly 75 out of the 115 destinations documented in the book.

"There's some overlap between us," he says of their travels. "There are very few places (in the book) that we haven't been."



Overall, Hudson's favourite place is the province of Newfoundland and Labrador. That's where travellers can go iceberg-watching, visit the Gros Morne National Park, or Jelly Bean Row, a candy-coloured lane of houses.

Although Hudson and Fischer did not travel together to the new destinations added in the expanded edition, Hudson says it allowed them to hit more places they haven't been to.

While Hudson explored the Prairies, Fischer drove across Canada's most northerly highway, the Dempster highway, in the Yukon and Northwest Territories.

THE CANADIAN PRESS

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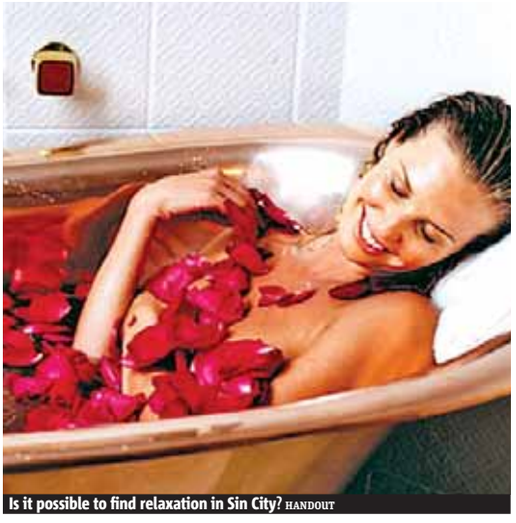
Health, wellness and ... Las Vegas?

Luxury spas. Sin City is now billing itself as a destination to relax and unwind — without the hangover

VAWN HIMMELSBACH
life@metronews.ca



Is it possible to find relaxation in Sin City? HANDOUT

Health and wellness isn't typically what comes to mind when you think of Las Vegas. But that's exactly what Sin City casinos now have on offer: peace and serenity.

In the land of booze, gambling and strippers, is it possible to attain a state of meditative Zen? If you can manage to resist poolside mojitos, avoid stuffing your face at all-you-can-eat buffets and tear yourself away from the blackjack table before losing your life savings, you may, surprisingly, find an oasis of serenity.

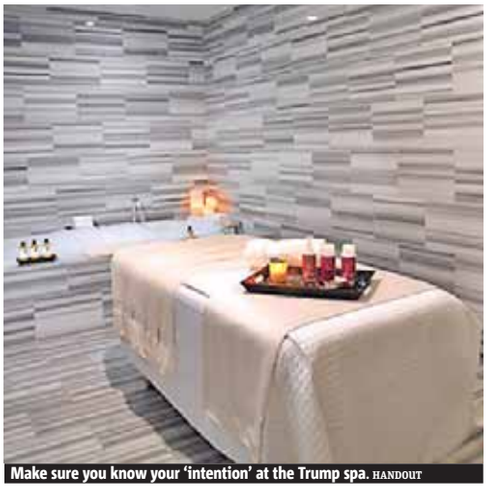
More than 45 luxury spas offer everything you'd expect, but often with a Vegas twist. Sure, you can go for a typical Swedish massage, but how about a brown sugar java jolt pedicure, a chakra-balancing session, or even yoga with dolphins?

Here are some top picks to get your aura glowing:

The Shio Salt Room at Aria boasts illuminated salt bricks that can help heal skin irritations. HANDOUT

The Spa at Aria Resort & Casino

This spa is themed around salt, stone, earth, fire and water; you're welcomed into the space by a water garden with Aji stones blessed in Japan. The spa's Shio Salt Room features a wall of illuminated salt bricks that encourage healing of skin irritations and upper respiratory problems, complete with vibrating lounge chairs. And the Ganbanyoku Stone Bed room features Japanese heated stone beds that emit negative ions and far-infrared rays to improve blood circulation, increase metabolism and eliminate toxins — incredibly soothing, unless there happens to be a man snoring like a bear on the stone next to you.



Make sure you know your 'intention' at the Trump spa. HANDOUT

The Spa at Trump

The Spa at Trump is a smaller spa with a more personalized experience. When you walk in, you're asked about your "intention" for the treatment: calm, balance, purify, heal or revitalize. Your treatment is customized around that intention, using essential oils and even gemstones and crystals. Try a signature gemstone spa treatment, such as the Revitalizing Rubies Massage, which uses a ruby-infused massage oil to ground your root chakra. The spa also has a few unique Vegas offerings: the Vegas Recovery Massage, Morning-After Eye Cure and Sun Worshipper Body Wrap. So even if you overindulge, you can always get in a little health and wellness.

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The Spa at the Mandarin Oriental, inspired by 1930s Shanghai, features opulent art deco décor with a spa menu based on an "East meets West" philosophy. Start with the spa's signature foot ritual, based on the traditional hot herbal footbaths of the Far East, followed by a Jade Enzyme Facial or Mahjong Balance treatment focusing on pressure points and energy centres.

VAWN HIMMELSBACH IS A FREELANCE WRITER BASED IN TORONTO. CHECK OUT HER BLOG AT CHICSAVVYTRAVELS.CA

A treatment room at the Mandarin Oriental. HANDOUT

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Many eats of São Paulo

Surprising bites. Roast beef on potato chips, savoury lollipops and freshly-baked pita: Try the food down in upmarket Brazil.

GINA ANGELOTTI
Metro World News

To São Paulo, Brazil's 19 million plus residents, home is a sprawling concrete jungle where street art drips from skyscraper façades onto busy sidewalks, traffic is the rhythm of life and multi-ethnic enclaves — among them Italian, Japanese and Middle-Eastern — contribute to a rich cultural identity that is uniquely paulistano. And food is no exception. Because this melting pot isn't situated on the coast, there's a local saying that the city's "beaches" — or main attractions — are its restaurants. From high-end eateries to low-key luncheonettes, Metro gives you a taste of the culinary capital's real surf and turf.

Hip hotspots

Maní's Helena Rizzo gives molecular gastronomy a sense of humour. Centerpieces of paper-thin Parmesan lollipops start the conversation. The artistry of the entrées to come is foretold in a trio of playful tapas: transparent tomato soup in a shot-glass, fois gras encased in port wine jelly like a maraschino cherry and sliced roast beef atop a delicate potato chip. Rizzo's sous-vide "perfect egg" lives up to it's name. For dessert, guava sorbet and cheese flan on a drizzling of dulce de leche will render you speechless. manimanioca.com.br
Also try: Clandestino, chef Bel Coelho's gastronomic speakeasy open to only 15 diners on Thursday nights. Dishes like liquid coxinha (chicken croquette) and fish ribs with açai gravy introduce unfamiliar ways to eat indigenous ingredients. duirestaurante.com.br

Understated eats

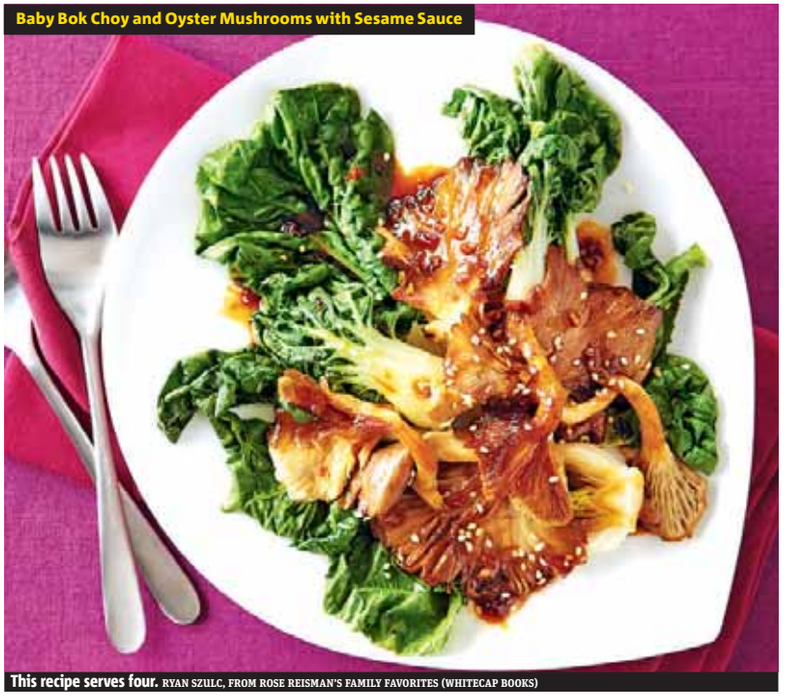
Lebanese café Tenda do Nilo is the diamond in the rough with just a handful of bistro tables. All in jest, owners Xmune and Olinda Isper won't let you sample humus or mhamara, a divine red pepper spread, until you're taught the proper way to rip and dip a pita. Quickly devour their fatte — a hash of beef, chickpeas, curd and toasted-nuts — while shreds of flatbread baked in are still crisp. Conceived in the Middle East but born in Brazil, the Ispers' semolina cake with cream, pistachios, orange flower and honey called "1001 Nights" is a legend it its own right.www.tendadonilo.com.br
Also try: the Municipal Market, a commercial hall of fruit vendors, charcuteries and more. Wash down Bar do Mané's 350 gram fried mortadella sandwich with a pingada — espresso in a glass with milk and sugar. mercadomunicipal.com.br

Asian inspiration: bok choy and oyster mushrooms

ROSE REISMAN
for more, visit rosereisman.com

The combined flavours of bok choy, mushrooms and this sesame sauce is outstanding. I use whole oyster mushrooms for appearance as well as texture. Feel free to substitute other mushrooms, but it is best to slice them in large pieces. I love to serve this alongside a fish or chicken dish.

Baby Bok Choy and Oyster Mushrooms with Sesame Sauce



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Sesame Sauce
- 1 tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 1/2 tsp oyster sauce
- 1 tbsp brown sugar
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce

Vegetables
- 2 tsp vegetable oil
- 8 oz whole oyster mushrooms
- 6 baby bok choy
- 1 tsp toasted sesame seeds

1. Combine the soy sauce, sesame oil, oyster sauce, sugar, garlic, ginger and chili sauce in a small bowl and set aside.

2. Lightly coat a large, non-stick skillet with cooking spray, add the oil and set over medium-high heat. Add the mushrooms and sauté for 5 minutes or until tender. Add the sauce and cook for 2 minutes, until slightly thickened.

3. Place a shallow layer of water in a large saucepan and bring to a boil. Place the bok choy in the saucepan, cover and cook for 2 minutes or just until it is bright green.

4. Drain well and place on a serving dish. Top with the sautéed mushrooms and sesame sauce, sprinkle with sesame seeds and serve immediately. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Asian Slaw. Teriyaki sauce nicely dresses up this crunchy side dish

This crunchy vegetable mix of broccoli and cauliflower hearts, red cabbage and carrots gets an Asian twist with a tofu teriyaki sauce. The slaw would be a good side to grilled meat or fish.

1. In a large bowl, place vegetable mix and add yellow pepper. Add tofu, along with oil and vinegar, and mix well.

2. Let mixture sit for 1 hour or overnight in refrigerator. Sprinkle with sesame seeds before serving.

THE CANADIAN PRESS/SUNRISE STIR-FRY TOFU N' SAUCE

Ingredients
- 1 pkg (350 g/12 oz) vegetable mix (broccoli, cauliflower, red cabbage, carrots)
- 1 sweet yellow pepper, sliced thinly
- 1 pkg (250 g/8 oz) stir-fry tofu cubes with teriyaki sauce
- 15 ml (1 tbsp) sesame oil
- 45 ml (3 tbsp) rice vinegar
- Sesame seeds, for garnish

Drink of the Week

'You put the lime in the coconut'

This combination makes the perfect drink for summer nights on the patio.

- 375 ml (1.5 cups) coconut milk
- 1 can (250 ml) frozen concentrate margarita mixers
- 250 ml (1 cup) white rum (optional)
- 1 l (4 cups) ice cubes
- 1 lime chopped for glass rim

In blender, combine coconut milk, margarita and rum, if using; add ice cubes. Pulse until blended, about 1 min. THE CANADIAN PRESS/BACARDI MIXERS, RUM

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Don't despair about debt

Getting in the red, without turning red.
Why education pays but BMWs don't

JELEEN YU
TalentEgg.ca

Apply yourself! Scholarships and bursaries can help to ease the strain of student debt. ISTOCK

Let's face it. Debt happens.

It's a fact of life that almost all of us will need a little financial help at one point or another, whether it's for our home, car, livelihood, education — even our groceries.

Debt is an inevitable circumstance of life, and, for the most part, it's categorically evil.

But here's the kicker: Debt isn't always such a bad thing.

The basics

Ever heard of good debt?

Yes, it's an oxymoron, strange and it seems mythical at best, but believe it or not there are some things out there worth owing money for.

Here's what's on the "good" list:

- Your home
- Your own business
- Your education

Check before cheque

Do your research

- It's important to note that the guidelines for a Canada Student Loan (CSL) vary from province to province, and the amount each student is granted depends on a lot of different factors.
- Doing your due diligence by visiting the National Student Loans Service Center's (NSLSC) website and CanLearn will help, as will considering other loan options like a low-interest line of credit from your local bank.

Loonie loop hole

"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly"
Finance blogger Youngandthrifty

These are otherwise known as things that will increase in value over time and give you the best bang for your borrowed buck. Because you're borrowing to finance things that won't lose their value (and will actually earn you money in the long-run), this kind of debt is considered good and justifiable.

Bad debt, on the other hand, is money borrowed for things that will depreciate in value over time, sometimes even instantly (think: as soon as you leave the store!). Consumable goods like clothes, cars, video games and flat-screen TVs are expendables, as are pricey out-of-town trips you can't afford.

Left unmanaged, this kind of debt could leave you facing years — even decades — of loan payback ahead.

And the worst "bad" debt you can make? Credit card debt, since it usually carries the highest interest rates and the most onerous payback schedules out there.

Education gives back

Student loans — burdensome as they may seem during payback time — are considered some of the best debts to get into, and for good reason. While we all know the value of a good education, student loans have the potential to give back much more than what they take, and not just in terms of job prospects.

"In Canada, interest on student loans is tax deductible, so you can at least get some money back from the government, should you file your taxes properly," says anonymous Vancouver-based finance blogger Youngandthrifty, whose eponymous site (youngandthrifty.ca) aims to encourage better financial health among young Canadians. In other words, government-backed student loans not only increase your future earning potential, they also give you a tax credit on the interest portion of the amount paid on your loan each year.

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SPORTS

Golf

"It's been lovely just going about my business. It's been nice to sort of prepare and there's definitely not the madness that was going on last year."

Rory McIlory is enjoying the approach to this year's British Open much more than last year, when Rorymania was at its peak. Back then, the curly-haired Northern Irishman was coming off his first major victory — a runaway at the U.S. Open — and being heralded as the new face of a game desperate to move past Tiger Woods' stunning downfall. But since his eight-stroke win at the U.S. Open, McIlroy hasn't been much of a factor in the majors. He is just 23 years old, and even now, while admittedly mired in a bit of a slump, he's holding down the No. 2 spot behind Luke Donald in the world rankings.

"I don't think my game completely went off. Everyone has bad spells and I had a couple of bad weeks where I didn't play so well."

THE ASSOCIATED PRESS

Mobile sports

In the third week of racing, the Tour de France peloton is worn down. The nervousness of the first week has given way to physical and mental stress. At this point in the race, many of the riders left will simply hope to make it to the finish-line in Paris. Scan the code for the story.

Spot on Whitecaps' right side ripe for Richards'

MLS. Newly acquired midfielder has chance to earn big minutes

Dane Richards was getting ready to go out for dinner when his life changed.

Now, the Jamaican midfielder is getting ready to make his home debut with the Vancouver Whitecaps (8-6-6) against the Los Angeles Galaxy (8-10-2) on Wednesday.

"Actually, I was getting ready to go for dinner," Richards said after practice Tuesday.

"I had to start packing right away, because I looked at the schedule for Vancouver and I saw that they were going to play in Chicago."

Richards was acquired along with allocation money from the Red Bulls on Friday, the only MLS team he had ever known, for midfielder Sebastien Le Toux. The 28-year-old was second all-time with 147 games played and 11,699 minutes logged with the Red Bulls.

He believed his time in New York was coming to an end but after five-and-a-half seasons, the trade still caught him off guard.

"But I'm over it now and just looking forward to my new team," Richards said.

Another Galaxy

Much of Vancouver's attention will be on defence as they try to stop David Beckham and dangerous teammates like Robbie Keane and Landon Donovan.

- The Galaxy embarrassed the Whitecaps 3-0 in L.A. on June 23.

The Montego Bay native will make his first start as the Whitecaps host the David Beckham-led Galaxy on Wednesday. Richards had a goal and two assists with New York, but is expected to play a much more prominent offensive role in Vancouver as the Whitecaps head towards the stretch drive of the season.

Although Richards is classified as a midfielder, he plays a distinct right-wing role and frequently moves up on the attack.

"He brings a different dimension to our team, one that we've been missing," said Whitecaps coach Martin Rennie. "He'll bring natural width and pace that we've been looking for. He's settled in really well so far, and he seems to be enjoying it." THE CANADIAN PRESS

Dane Richards, left, while with the Red Bulls, eludes Whitecap Camilo Sanvezzo at BC Place on June 20.
JESSICA HAYDAHL/GETTY IMAGES

Frank Schleck fails doping test at Tour de France

Frank Schleck, right, rides during Stage 6 of the Tour de France on July 6 in Metz, France. DOUG PENSINGER/GETTY IMAGES

Frank Schleck of Luxembourg pulled out of the Tour de France on Tuesday after failing a doping test and co-operated with French authorities at a police station in Pau, his team said.

Cycling's governing body said Schleck had tested positive for a banned diuretic, another reminder of the doping cloud that has damaged the image of cycling — and its biggest event.

The 32-year-old RadioShack Nissan Trek leader placed third in the Tour last year, and was in 12th place overall — 9 minutes 45 seconds behind leader Bradley Wiggins — on Tuesday's rest day.

'B' sample

Team spokesman Phillippe Maertens said the team is likely to ask for Frank Schleck's "B" sample to be analyzed, which it must do within four days.

- "If it comes back positive, he will be suspended by the team," Maertens said.
- RadioShack will continue to compete in the race, he said.

Governing body UCI said the diuretic Xipamide turned up in an anti-doping test conducted by the French anti-doping lab in Chatenay-Malabry, south of Paris, on a sample from Schleck taken July 14.

The RadioShack team said in a statement that it had decided to withdraw Schleck from the race, and said that the diuretic is not present in any medicine used by the team.

The statement said "the reason for the presence of Xipamide in the urine sample of Mr. Schleck is unclear to the team. Therefore, the team is not able to explain the adverse findings at this point." THE ASSOCIATED PRESS

CFL

Pierce frustrated after latest injury

Buck Pierce is sidelined again, but the oft-injured Winnipeg Blue Bombers quarterback said it could always be worse.

Pierce said Tuesday that ligaments and a muscle in his left foot are torn, adding he has been told he should be back in action in no more than four weeks.

"It's frustrating," said a clearly dejected Pierce. "I'm not the only guy that gets hurt (but) it's a game (where) you put your body on the line and you love football and sometimes football doesn't love you back."

Last season Pierce made 16 starts, a record in his eight-year CFL career. THE CANADIAN PRESS

NHL

Stevens named assistant coach

Scott Stevens, a longtime New Jersey captain and defenceman, was named an assistant coach by the Devils on Tuesday.

Stevens was inducted into the Hockey Hall of Fame in 2007. THE ASSOCIATED PRESS

Scott Stevens
THE ASSOCIATED PRESS FILE

NBA

"Being given the keys, I think I can drive this car to (becoming) a playoff team."
New Raptors point guard Kyle Lowry, who was introduced with swingman Landry Fields in Toronto Tuesday.

Aim getting better with age

Soccer. Canada's captain Sinclair developed her game while keeping up with big brother

Burnaby native Christine Sinclair signs autographs after the championship game of the CONCACAF women's Olympic qualifying tournament against the United States at BC Place in January. RICH LAM/GETTY IMAGES

Whenever Mike Sinclair drives by the old house in Burnaby, he can't help but marvel at the fact it's still standing.

"It took a beating," Sinclair says with a laugh. "I don't know how it's still upright. But I guess that's what you get when you get two really competitive kids around the same age."

Those two kids were Mike and younger sister Christine, who would leave countless broken windows and scuffed walls in her wake en route to becoming Canada's finest women's soccer player.

"Oh God, our windows, our next-door neighbours' windows, the windows of our neighbours two houses down," he said. "We've broken more things."

The concrete basement floor of their three-bedroom house provided the perfect venue for everything from roller-hockey to golf to soccer.

Fast forward a couple of decades and Christine Sinclair's aim has definitely improved. The 29-year-old is Canada's leading goal-scorer and has the third-most international goals in women's soccer history, trailing Americans Mia Hamm and Abby Wambach.

She'll lead a squad that will be playing for a medal on sport's grandest stage — the No. 7 Canadians will open the London Olympic Games against third-ranked Japan on July 25.

Trying to keep up with her older brother on the streets and playgrounds over the years built a toughness in Sinclair that was well on display last summer, when the striker scored on a beautiful bending free kick against Germany at the women's World Cup moments after her nose was shattered. Canadian goalkeeper Erin McLeod said it looked "like a zigzag."

Her goal was the lone bright spot at an otherwise disastrous World Cup that saw the Canadians knocked out after the preliminary round without a win.

But Sinclair said spirits are high heading into London. The team hired Englishman John Herdman as head coach in the fall and went on to beat Brazil to win the Pan American Games in October.

With 12 returnees from the Beijing Olympic team, Sinclair said Canada will field a squad that is wiser from its experiences in China.

"It was the first time our soccer team had qualified, and none of us had been there before and we were all inexperienced," Sinclair said. "The Olympics can be overwhelming, but now that there's a core group of us who have been there before, we can sort of help the younger players know what to expect that we didn't know four years ago."

Such as not wasting energy chasing after superstar athletes.

"I remember our team four years ago trying to get pictures with people during times when normally in camp you'd be resting, lying in bed watching TV. But instead people were out stalking Lionel Messi and things like that. That needs to change." THE CANADIAN PRESS

Cup half empty

The Canadian women's team spent the past few months based in Vancouver, with training scheduled in three-week blocks with a week away in between to train at home.

- They spent several months before the World Cup in Rome, a grind that had players counting the days until they could go home.
- "Players were ready to go home.... That is not what your mindset should be at a World Cup or an Olympics," Sinclair said.

Basketball. London likely last hurrah for Canadian women's captain Gabriele

Every morning for the past several years, Teresa Gabriele has crawled out of bed in pitch darkness to stock bread.

The alarm rings at 3:45 a.m. and she's in her first store in Abbotsford by 4:30, when most people are still fast asleep.

Not the most glamorous work for Canada's women's basketball captain, but her job with her family's bread business has allowed her to pursue her Olympic dreams — and her appearance in London will be the punctuation mark on an illustrious career.

The 32-year-old point guard from Mission doesn't see her work as a sacrifice and scoffs at any suggestion she's put her life on hold.

"This is my dream and what I love to do, so this is what I'm doing right now," Gabriele said after a practice Tuesday at the Air Canada Centre in Toronto.

Gabriele has been the mainstay of Canada's women's team for more than a decade, and is the only remaining player from the 2000 Sydney Games, the last time a Canadian basketball team has stepped onto sport's biggest stage.

"I'm thinking of retiring after this, so it's a storybook ending for me," Gabriele said. "I started my career very early with an Olympics and then to be able to end it with an Olympics, it's awesome."

The Canadians qualified for the Games at the 11th hour, beating Japan in a must-win game in a last-chance qualifier on Canada Day to earn the final berth.

"We were just telling everybody we wanted to qualify on Canada Day," Gabriele laughed about their nail-biting run through qualifying.

THE CANADIAN PRESS

Teresa Gabriele TORSTAR NEWS SERVICE

Pistorius finishes second in final tuneup in Italy

South African double-amputee sprinter Oscar Pistorius finished second in a 400-metre race in Italy on Tuesday, his final tune-up for the London Olympics. Pistorius clocked 46.56 seconds — well off the personal best of 45.07 he ran at the same meet last year — to finish behind Calvin Smith of the United States. Smith won in 45.52. PAOLO GIOVANNINI/THE ASSOCIATED PRESS

Track. Blake on 'right path' after winning final race before Games begin

Yohan Blake warmed up for the London Olympics by timing 9.85 seconds to win the 100 metres at a meet Tuesday in Lucerne, Switzerland, his first competitive race since beating Usain Bolt twice at the Jamaican Olympic trials.

Blake was far from the fastest out of the blocks but powered through the field with legal wind assistance of 1.6 metres per second. Jamaica teammate Michael Frater was second in 10.

"Definitely I am on the right path for the Olympics," the 21-year-old world champion said. "This is where I am supposed to be. I want to remain unbeaten and that's what I am doing."

Only three-time Olympic champion Bolt (9.76) and 2004 Olympic winner Justin Gatlin (9.80) have run faster this season. THE ASSOCIATED PRESS

Quoted

"I didn't come here to run a quick time but it's still a fast time. Not many guys run 9.85."
Yohan Blake

Weather

Rain may go away for Games opening

The sun may, just may, shine on the London Olympics.

The Met Office, which forecasts the weather in one of the world's most fickle climates, said Tuesday the rain that has soaked England for weeks and kept temperatures cool could give way to sunshine in time for the opening ceremony on July 27.

Apart from raining on London's parade, the weather has been worrying organizers of equestrian and rowing events, where venues have been waterlogged by weeks of constant rain.

THE ASSOCIATED PRESS

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© 2012 smart Canada, a Division of Mercedes-Benz Canada Inc. Image shown is the smart fortwo pure with added accessories and will cost extra. [1]Total price is National MSRP of $14,400 (stock #B1300953). Total price and down payment include freight/PDI of $1,995, dealer admin fee of $495, air-conditioning levy of $100, PPSA up to $45.48 and a $25.00 fee covering EHF tires, filters and batteries.[2]Total due on delivery of $2,489 plus tax, includes first month's payment of $99 + HST, security deposit of $150, and dealer fees of $1,990. [3]Lease offer based on a new 2013 smart fortwo pure available only through Mercedes-Benz Financial Services on approved credit for a limited time. *Lease example based on $99 (taxes are extra) per month for 24 months. A.P.R. of 0.9% applies. Total obligation is $4,884.16. Assumes 12,000 km/year allowance ($0.20/km for excess kilometres applies). License, insurance, registration and taxes are extra. [4]To qualify for the $1,000 loyalty bonus, proof of current smart car (i.e. complete VIN and name) must be provided to the dealer. Offer is specific to British Columbia. Offer may change without notice and cannot be combined with any other offers. See your local Vancouver Area smart Centre today. Offer ends July 31st, 2012.

This Lexus may have you voting y-ES

ALL PHOTOS WHEELBASE

Engines

The ES 350's powertrain is straightforward, consisting of a 268-horsepower 3.5-litre V6 accompanied by a six-speed automatic transmission that carries over virtually unchanged from the 2012 edition.

But, for 2013 it doesn't end there. A new ES 300h hybrid features a 156-horsepower 2.5-litre four-cylinder gas engine that combines with a 141-horsepower electric motor to generate 200 net horsepower. Both function through a continuously variable transmission.

The hybrid borrows its powertrain from the Toyota Camry hybrid and represents a natural extension of the ES brand, especially since the recent demise of the Toyota-Prius-based HS 250h.

2013 Lexus ES 350/ES 300h

- **Type.** Four-door, front-wheel-drive midsize entry-luxury sedan.
- **Engines (hp):** 3.5-litre DOHC V6 (268); 2.5-litre DOHC 4 with electric motor (200, net).
- **Mileage:** L/100 km (city/hwy) 10.7/7.0 (3.5).
- **Base Price:** $44,000 (est.)

Interior

Other than the primary tach and speedometer gauges, the dashboard's control centre is a busy spot, with numerous minute knobs and buttons handling ventilation, audio and communications tasks. Fortunately, the console-mounted Remote Touch Interface can manipulate much of these systems in a relatively uncomplicated manner.

Base content

Being in the luxury realm, the ES 350 starts out with considerable standard equipment including power moonroof, 10-way adjustable power front seats, backup monitor, push-button start and an eight-speaker audio system. There's also a Drive Mode selector with Normal, Eco, or Sport settings for the powertrain and steering system.

Review. It's about time the world regarded the ES as a real Lexus

MALCOLM GUNN
Wheelbase Media

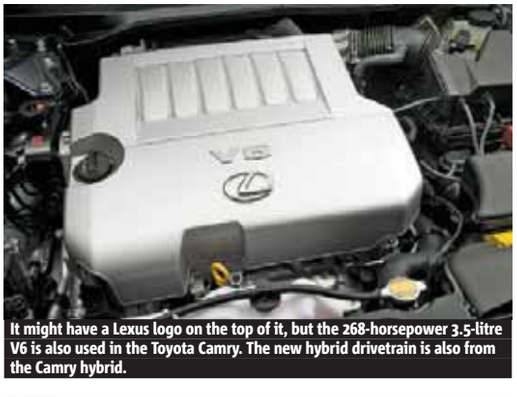
More style and substance are features the 2013 Lexus ES 350 can brag about. However the Toyota-Camry-based sedan can now include superlative fuel economy to its bag of tricks in the form of the gasoline-electric ES 300h hybrid.

The ES has always enjoyed a sterling reputation with Lexus buyers as the fleet's go-to entry-luxury model, even though the sportier IS series is less expensive. But in this league, size counts for plenty and the longer, wider and roomier ES beats the pants off the IS in the space race.

For 2013, interior volume has been slightly increased due to the addition of about five centimetres between the front and rear wheels. That adjustment makes the ES more livable, especially for rear-seat riders, but it's the car's outward appearance that's bound to make it a lot more likeable. Lexus's new character-building corporate face features a prominent lower air intake that first appeared on the GS sedan, along with restyled headlights and shapelier hood. It's a look that will show up on the rest of the fleet in due course.

In addition, the backside has been reworked to give the sedan a bit more bustle. The physical adjustments add considerable sparkle to what had been a design that for years was unnecessarily understated.

With its luxurious cabin environment, stress-free engine performance and trouble-free reliability, the ES should continue to garner serious consideration from entry-luxury shoppers. Dial in an invigorated redesign plus a fuel-sipper option and more folks than ever will likely vote y-ES.



It might have a Lexus logo on the top of it, but the 268-horsepower 3.5-litre V6 is also used in the Toyota Camry. The new hybrid drivetrain is also from the Camry hybrid.

A look at the rear of the ES 350.

By comparison

1 Lincoln MKZ
Base price: $40,300

2 Audi A6
Base price: $60,000

3 Cadillac CTS
Base price: $38,800

5 DRIVE

Top Gear

That's right, jack

If you tow a medium to large trailer, you know what a hassle it is to use cinder blocks or pieces of wood to get the trailer to sit at the desired height. Where do you put the blocks when they're not in use, anyway? Attaching the sturdy Flip Jack Foot from Fastway products would appear to eliminate that problem. When secured to the trailer's tongue jack, it automatically drops down when the jack is extended, thereby adding up to six extra inches in length. It also automatically tucks up out of the way when the trailer jack is retracted. The Flip Jack Foot is available for 2 and 2.25-inch tongue jacks for $50 US from the company at fastwaytrailer.com, which also shows a list of local dealers.
WHEELBASE

On the Web

Scan code for more car reviews and news

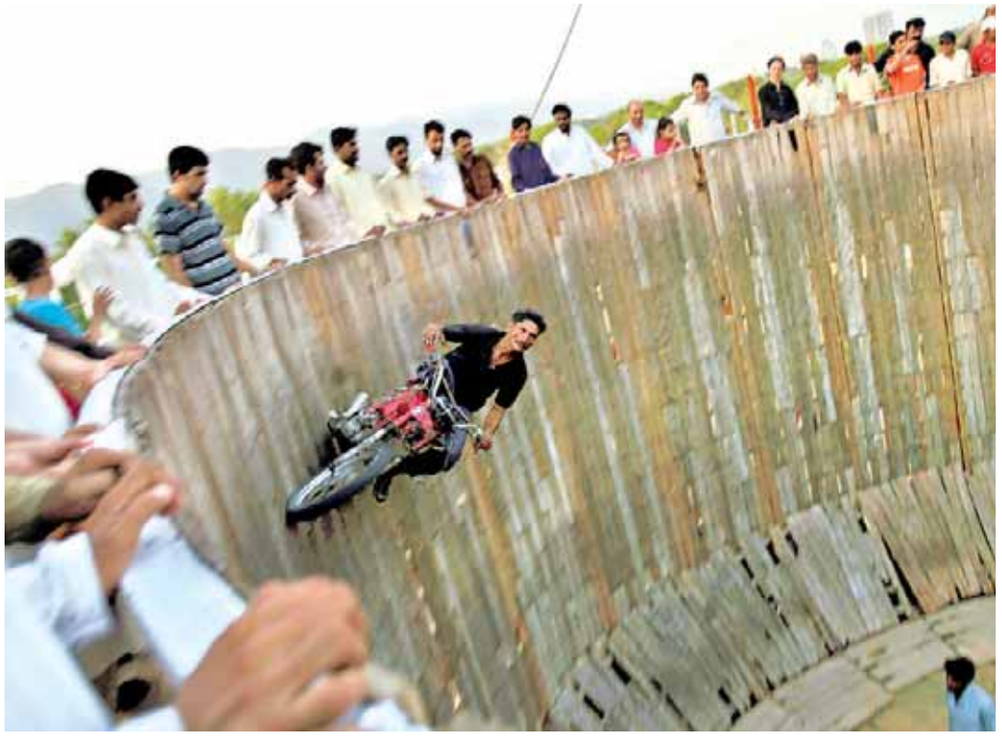
Top Gear

Loafers for the road

A good driving shoe should be comfortable and supportive, as well as stylish (think slippers for wearing inside your car). The Hayward driver from Ralph Lauren appears to fill all three requirements. The Italian-made loafer is made of a soft suede upper with single-needle top stitching and a leather-lined memory foam insert. The rubber sole and heel styling was inspired by racecar tread designs. Each pair also comes with its own carrying tote bag. Available colours include olive green, sandstone, grey and brown. The Hayward shoe retails for $395 US/pair and is available through most Ralph Lauren retail outlets, or online at ralphlauren.com.

Auto Bingo

To keep the kids amused on long road trips — and possibly get them interested in something other than video games — consider the Auto Bingo travel game from Kids Love Travel. Each reusable game card requires the player to spot different items along the journey, such as road signs, vehicle types (police car, fire truck, bus, etc.), buildings, animals and so on. And there's no need for tokens or messy markers to keep score as they just slide a tinted plastic cover over the image to keep a tally. Choose from traffic safety, interstate and general-interest theme cards. A set of four cards sells for $7 US from kid slovetravel.com. **WHEELBASE**



The South Asian Evel Knievel?

People watch as Mohammed Iqbal, 41, rides his motorcycle around a circular vertical track in an entertainment park in Islamabad, Pakistan, this month.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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Michelin's 'communicating' tires tell their tales

Driving Force.
New system, which increases safety, to debut just in time for London Games

JIL MCINTOSH
drive@metronews.ca

It's dangerous to have low air pressure in a tire. The tire will run much hotter, which can potentially lead to a blow-out — and on a vehicle such as a bus, that could put many lives in danger. Maintenance crews normally check each truck or bus tire manually, but a new system from Michelin lets an operator instantly obtain all the necessary information just by stopping by with a handheld device.

These "communicating tires" use the combined technologies of a tire pressure monitoring system (TPMS) and radio frequency identification (RFID) chip to collect and forward the information.

They'll debut this summer on buses at the Olympic Games in London, England.

"This system allows a fleet to monitor tires just by walking by the tires with the sensor picking up the information through the RFID," says Francois Beauchamp, manager of the Field Engineering Group for Michelin Canada. There's no word yet on whether the system will come to Canada.

The components in the tire aren't new. Many passenger cars now come equipped with TPMS, which warns the driver when the air pressure in a tire is low. Some tires also contain RFID chips, primarily for inventory. However, Michelin says it is the first to combine them into a "full-fledged ecosystem" that instantly provides such information as the tire's identification number, when it was manufactured, when it was put on a vehicle, and its air pressure and temperature.

The chip is built into the tire and stays with it during its lifetime. Some of its information can also be updated, such as when the tire is retreaded. The chips do not contain batteries, but are powered by electromagnetic waves when the scanner collects their data.

Michelin estimates that it takes about 15 minutes to manually identify a commercial tire and check its pressure, and that this instant readout system will leave operators more time for visual inspections and tread depth checks. It also enables crews to easily verify the identification and age of the inside tires on buses with dual rear wheels, where that information — which is molded into the side of the tire — is hidden by the outer tires.

"Monitoring the tire pressure and temperature is related to safety, because in the transit community, you're transporting people," Beauchamp says. "You also achieve better maintenance of your fleet, which in turn gives you better fuel economy and fewer emissions."

Tire facts

- **Safety.** In future, sensors could be installed at bus stops or other city points, which would "read" the information on communicating tires and instantly spot any potentially unsafe ones.
- **Validation.** Michelin's communicating tires took 7 years to develop and validate, and are covered by 20 families of patents.
- **Future.** By the end of 2012, some 1,200 communicating tires will have been installed on London buses.

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i-MiEV Premium model shown*

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± THE ALL-IN PRICE INCLUDES DESTINATION, DELIVERY, LEVYS AND FEES. TAXES, PPSA AND DEALER/ADMIN FEES OF UP TO $599 ARE EXCLUDED.
* i-MiEV Premium model shown has an MSRP of $35,998 and selling price of $37,828. ΔBritish Columbia EV government incentive of $5,000 (before taxes) on the purchase of new i-MiEVs. See www.CEVforBC.ca for more details.

Have you ever seen this much purple being put together? Like the car, the colour is part of a connection to the muscle car era of the late 1960s and early '70s. It's a purely emotional purchase, of course. CHRYSLER

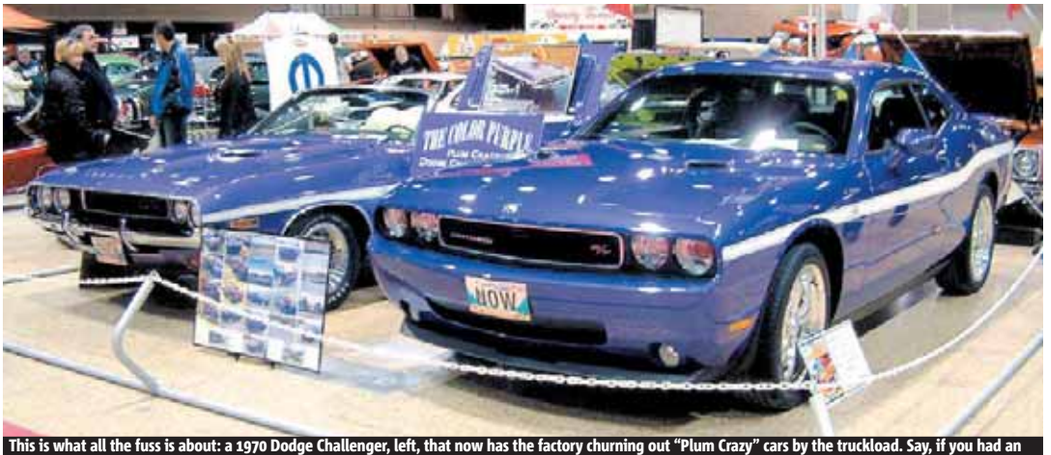
Preventing scratches are front fender covers shaped to fit the Challenger's contours. CHRYSLER

A look at the original. PAT KANIUGA/WHEELBASE

PCP: 'It's such an iconic colour'

Auto Know. Two Dodge Challengers, both in Plum Crazy Purple, separated by 40 years. Why not own both?

PAT KANIUGA
Wheelbase Media



This is what all the fuss is about: a 1970 Dodge Challenger, left, that now has the factory churning out "Plum Crazy" cars by the truckload. Say, if you had an original, wouldn't you want the modern version to match? PAT KANIUGA/WHEELBASE

What is a retro car without retro colours? It's the visual tie that binds four decades of muscle car separation.

Dodge's eye-popping Plum Crazy Purple for the Dodge Challenger certainly brings back memories for muscle aficionados. At least it certainly does for me since I have a Plum Crazy Purple 1970 Dodge Challenger R/T convertible with white stripes, a rare ragtop that has been my baby for more than a decade.

When Chrysler designers introduced the retro-styled Challenger for the 2008 model year, you could only get it in Orange — the first heritage colour to be released — then black and silver. But these colours didn't satisfy buyers for long.

"Challenger is the modern interpretation of the muscle car. The minute it came out, people were saying they wanted the car in Plum Crazy Purple. There were online posts and renderings," said Chrysler's Jiyan Cadiz. "It's such an iconic colour ... it was pretty much a natural move."

For the 2009 model year, Chrysler offered up its second heritage hue known as B5 Blue, named for the 1970 paint code, but still less iconic than Plum Crazy. It wasn't long before Tor-Red rolled off the assembly line. Then, it was only a matter of time before buyers got their wish: 2010 would see more bright hues: first Detonator Yellow; then purple.

Known as PCP in Chrysler lingo, the new Plum Crazy is slightly darker than the original, one of eight extra-cost "high impact" colours offered in 1970 and 1971, when muscle cars reached their peak of both performance and marketing outrageousness. Plum Crazy kept company with the likes of Panther Pink, Top Banana, Sublime and Gomango.

"The colours really helped define these cars then," says Cadiz. "It's quite a daring colour, but there is definitely a demand for Plum Crazy.

"The colour just looks right for that car. The first time I saw it was at the Detroit Auto Show, and lots of people came up to me and said 'I used to have one' or 'I always wanted one.'"

Quote

Having an original purple Challenger is one thing, but when Chrysler brought back Plum Crazy, my first thought was that I could buy a new twin.

Writer Pat Kaniuga

Count this reporter into that group. Having an original purple Challenger is one thing, but when Chrysler brought back Plum Crazy, my first thought was that I could buy a new twin.

Sure, they're 40 years apart, but really in automotive history, some could argue no two cars have ever looked so similar with four decades between them.

To get the ball rolling, I told a local dealer friend about my wish to complete my purple pair and that, oh yes, I also wanted inside the factory in Brampton, Ont., so I could watch and document the birth of the twin.

Shockingly, he said he would make it happen.

On a Tuesday in February, I watched as my car rolled down the assembly line. But it almost didn't happen. As we found out, no one gets in to see the cars being built. Few dealers ever do, and certainly not customers. But after a couple of dozen calls between VPs and PR types, dealers and plant security to convince them that I wasn't a spy and just wanted to write about my new Challenger being built, I was in.

A friendly Chrysler engineer spent two hours taking me around the three-million-square-foot facility in a motorized cart. I ogled purple metal shells fresh out of the paint booths. Racks of "Hemi" V8 engines. Row upon row of new Challengers, Chargers and 300s in all stages of the build process. I was in Chrysler heaven.

Finally, I saw my very own PCP Challenger at the end of the line, and it was love at first sight. After the car went through a series of tests, I was introduced to my new baby outside and we snapped our first official photos together.

It would only be a short time before my '70 Challenger would have pictures taken with the new baby at a local car show.

Chrysler's retro plan had worked marvelously, thanks to the colour purple.

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WAS	CASH SAVINGS UP TO
~~$20,172~~	$5,250

CASH PURCHASE PRICE FROM $14,922‘

TOP SAFETY PICK 2012△ INSURANCE INSTITUTE FOR HIGHWAY SAFETY

2012 Forte SX Shown△

HWY (A/T): 5.5L/100KM
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Optima SX Turbo shown△

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

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Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by July 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2012 Optima LX MT (OPSAC) with a selling price of $23,572 (includes delivery and destination fees of $1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable)) financed at 0% APR for 60 months. Bi-weekly payments equal $162 with a down payment/equivalent trade of $2,000. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Cost of borrowing of $0, for a total obligation of $23,572. Financing example includes $500 competitive bonus and $0 loan savings that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. ◆"Don't Pay Until Fall" on select models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (OAC) (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ‘Cash purchase price for 2012 Sorento LX MT (SR35KA) 2012 Forte Sedan LX "PLUS" AT (FO74PC) is $21,917 ($24,322 and includes a cash savings of $3,850) $4,500 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), a competitive bonus of $0/$500/$0, $0/$0/$750 loyalty bonus, delivery and destination fees of $1,550/$1,455/$1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $25,767/$20,172. Retailer may sell for less. Available at participating dealers. See dealer for full details. ≠$0 down payment for 2012 Optima LX MT (OPSAC) based on a selling price of $25,572 $127 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $6,592 plus applicable taxes due at end of 60-month period. Offer includes a competitive bonus of $500. Delivery and destination fees of $1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable). License, insurance, applicable taxes, PPSA, admin fee up to $699 and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $23,572. Retailer may sell for less. See dealer for full details. ≈Model shown cash purchase price for 2012 Sorento LX SX AWD (SR75KC)/2012 Optima SX Turbo (OP78EC)/2012 Forte Sedan SX MT (FO52KC) is $39,267/$34,972/$30,122 and includes a cash savings of $3,500/$0/$4,500 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), a competitive bonus of $0/$500/$0, $0/$0/$750 loyalty bonus, delivery and destination fees of $1,550/$1,455/$1,455, other fees and certain taxes (including tire levies) and A/C tax ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $42,767/$35,472/$33,372. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption of these vehicles may vary. These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary. Some conditions apply to the $500 Grad Rebate Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation.

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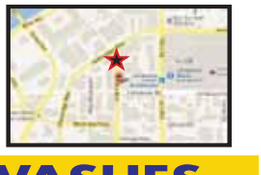

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This is a 1993 Mazda RX-7. Almost 20 years later, it calls a simpler sports car era to mind. PHOTOS BY JUSTIN PRITCHARD/FOR METRO

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Blast from the past

Sentimental value. High-performance sports car spent two decades stashed away at Mazda head office

JUSTIN PRITCHARD
drive@metronews.ca

In 1993, I was listening to Whoomp! (There It Is) on my Sony Walkman and playing Mortal Kombat on my Sega Genesis.

Getting my driver's licence was years away, but I had a poster of the 1993 Mazda RX-7 on the wall in my room, too.

That year, the RX-7 was being sold as Mazda's $45,000-plus flagship sports car. This machine is largely regarded as the highest-performing street-legal Mazda ever made. It's also the source of that "Zoom-Zoom" DNA present in Mazda's products to this day.

This was a special car for the Japanese automaker — and largely the reason that Mazda stashed one brand-new, bright yellow, un-modified unit away at their head office for two decades.

For a time, it was even parked in the front lobby — the same front lobby I walked into to pick up my first ever test-car (a Mazda MX-5) seven years ago. So, effectively, this particular yellow RX-7 watched from a few feet away as I started my career reviewing cars.

The 1993 model produced 255 horsepower.

Recently, I had the rare chance to realize a childhood dream and spend a week driving this exact RX-7. Sentimental value? Very much.

A supercomputer-designed suspension, lightweight hollow sway-bars and four-wheel ABS brakes were advanced for their time. Ditto the sophisticated, sequential twin-turbo setup — which helped the 1.3-litre rotary engine generate 255 horsepower and 217 lb.-ft of torque.

Two turbochargers meant two boosts of power smoothly merging with one another — perceived by the driver as virtually lag-free torque from just beyond idle to just shy of the 7,500 r.p.m. redline. This is the sort of technical, mechanical wizardry that makes excited aspiring car fanatics salivate.

Rear-wheel drive and a five-speed manual were standard. All said, it was fast by standards of its day, and is still quick and potent 20 years later. At full rip, torsos are pressed into seatbacks as the persistent whistling of the turbochargers enters the cabin — which is sweet.

The rotary engine's compact size allowed it to be mounted behind the front axle, helping with a 50/50 weight balance. Handling response is instant, direct, and surprisingly heavy and locked-on despite the size of the car.

I couldn't bring myself to drive this classic aggressively, but the eagerness and agility can be felt at every touch of the wheel.

The cabin exemplifies pure '90s Japanese sports-car cockpit-ness. It's tight and snug and hopelessly short on storage, though a centre-mounted 8,000 r.p.m. tachometer and a centre console curved towards the driver create a truly personal space to take in the performance.

Practical? Hell no. But if I ever felt more like I was in a cockpit, I don't remember it.

Without the distractions of modern day gadgets and safety gear, RX-7's engineers could focus purely on the driving experience. This was a car from an era where focusing on the driving experience was a very big deal.

And now, even two decades later, it still drops the jaws of people half its age. And the jaws of folks like me who had a poster of it on their bedroom wall when they were a kid.

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2012 Jeep Grand Cherokee Overland shown.§

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2012 Jeep Wrangler Sahara shown.§

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2012 Jeep Patriot Limited shown.§

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New record for motorcycles at Dover

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Are you superstitious? I think I'm regular-stitious. I walk under ladders, but never carrying a black cat. Motorcyclists seem to be incredibly non superstitious. They think that the most superstitious date on the calendar — Friday the 13th — is the absolute bomb.

It's been a tradition since 1981 to drive your motorcycle to the resort town of Port Dover, Ont., on the shores of Lake Erie, every Friday the 13th, regardless of which month it falls on.

Every year it gets bigger, even the years when the "Black Fridays" show up on cooler months. With the last Friday the 13th of 2012 happening in July, and hot weather on the forecast, many predicted that this would be the biggest turnout ever. And it was.

About 50,000 motorcycles and 150,000 people were the numbers I heard repeatedly. I didn't actually count all the bikes and on-lookers clogging the streets of Dover, because I was too busy getting heat stroke, or what I thought was heat stroke. Turns out I was instantly cured by an adult beverage and some pan-fried Perch at the Erie Beach Hotel. But suffice to say, you couldn't swing a stuffed animal, like say a cat, without hitting leather, chrome, or a large person with a bandana. So I didn't.

Funnily enough, our gang didn't arrive at Dover via bikes, or via cars. Our pal Kirby hosted us in nearby St. Williams, and dropped us off by boat. Great fun but I wouldn't necessarily recommend the water route, as dock space on that day is super tight. But with so many people on the pier looking at every boat coming into the marina, I can now appreciate how Queen Elizabeth felt on her Jubilee tour down the Thames.

It was my first Friday the 13th at Port Dover. Here are a few impressions and observations of the day, from this rookie attendee.

• Very hot and humid, saved only by a slight breeze.

• Did I mention it was hot?

• A warm day meant a lot of skin was uncovered. As usual, this is good and bad.

• The vibe was awesome. All those bikes and all those people and all that heat and nobody was cranky or pushy.

• The cruiser crowd, which prefers leather and Harley Davidson motorcycles, are definitely the majority, but there was solid representation from all motorcycle genres — sport bikes, vintage, touring, standards, trikes, etc.

• Huge police presence. But they didn't seem to have much to do, other than direct traffic.

• Port-a-potties and hot sun? Not a good combination.

• Very well organized. Only bikes allowed into and out of town by one road, and under the control of those efficient and courteous police officers. People arriving by car have to park way out of town, in a designated farmer's field, and then get shuttled by school bus.

• Hundreds of bikes rolling into, or out of town, en masse, makes for great mechanical theatre — lots of flashy visuals, amazing soundtrack.

Last Friday, the 13th that is, saw roughly 50,000 motorcycles invade the town of Port Dover, Ont. PHOTOS BY MIKE GOETZ/FOR METRO

Create your own two-wheel diaries with good planning

Be sure to check road conditions before you head out on your journey. NEWS CANADA

There's nothing like the beautiful Canadian summer landscape to inspire a motorcycle trip on the open road. Before you head out to make memories on a cross-country journey, consider the following safety tips from TD Insurance:

Plan ahead
Following the open road is no doubt appealing, but choosing your route ahead of time will ensure a safer ride. Plan your time and distance, so at the end of the day you have a comfortable place to eat and stay. Be sure to check road conditions in advance — paved roads are safer than dirt roads.

Gear up
Make sure you and your bike are in peak condition. You'll be riding for long periods of time, so core muscle strength and a top performing bike are important. Also, make sure you have the proper attire for venturing from coast to coast. Bright colours will increase your visibility to other motorists, and proper motorcycle riding gear will protect you from debris.

Rest accordingly
Traffic and weather may steer you off course and add stress to your travels, so remember to allow ample time to reach your destination. Take a break along the way — you'll have a more enjoyable trip if you stop to smell the roses.

Check your insurance
Before you embark on your adventure, check your motorcycle and travel medical insurance policies to avoid any unwanted surprises. Remember that your province's health insurance plan may not cover you on out-of-province excursions even within Canada. Speak with your insurance provider to ensure your policy will provide adequate coverage regardless of your travel plans.

NEWS CANADA

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Second Gear.
2006 to 2010
BMW M5

JUSTIN PRITCHARD
drive@metronews.ca

From 2006 to 2010, the E60 generation of BMW's M5 sedan offered up a slew of performance upgrades to handle the 500-horsepower output of the most powerful factory 5-Series yet.

The M5 isn't a car for the faint of heart — and high fuel and insurance costs mean a more modest 5-Series model with a smaller engine may make more sense for most shoppers who don't require the services of one of the fastest four-door cars on the planet.

TORSTAR NEWS SERVICE

Common Issues

Ensure all electronics on the M5 you're considering are working as expected. Note that reports of a 'frozen' iDrive central command system aren't uncommon. Watch for warning indicators that may become illuminated on your test-drive, especially pertaining to the SMG transmission, if so equipped. Many owners have reported some level of problems with the computer brain that controls this sophisticated transmission. Some also report problems with the oil lines and solenoids that operate the engine's valve timing system in earlier years — so be sure to have these systems verified for proper operation by a BMW mechanic.

A loud creaking noise from the M5's rear end could be caused by a problem with the differential, which could be remedied by switching to a different type of lubricating oil.

A full check of the M5's various (and complicated) electronics systems by a BMW service centre is key to confidence ahead of a purchase.

Engine

The M5 came exclusively with a 5-litre V10 developing 500 horsepower. Manual or SMG transmissions were available, and all models were rear-wheel drive.

What Owners Like

The last-generation M5 was praised by its owners for looks, exclusivity, performance, thrills, comfort and a high-quality cabin. Supportive seats and the convenience of a sedan were also highly rated.

What Owners Dislike

Many owners report frustration with terrible fuel mileage, and a rough and awkward feel to the M5's SMG transmission.

Verdict

Many of its owners will verify that the M5 isn't a car that's ideal for those after fantastic fuel consumption or inexpensive repair bills. However, as a four-door rocket-sedan, it has virtually no equals.

Are you ready if disaster strikes at the wheel?

Like any machine, cars have countless parts that can break, fail or malfunction. Gas pedals can stick, wheels can fall off, and that flimsy glass windshield can be shattered faster than you can blink.

And with Mother Nature's ability to put drivers in potentially-fatal situations in a heartbeat, driving quickly amounts to one of the riskiest things we do on a daily basis.

Question is: are you prepared if disaster strikes at the wheel?

Here's a look at how to maximize your chances of survival in three of the likeliest worst-case scenarios.

Problem: You've just passed a car on the highway and you discover your throttle is stuck to the floor. You start to panic, and speed is piling on dangerously.

Possible Solution: Forget turning off the engine. The first course of action is to slip the vehicle into neutral. Doing so takes half a second, and physically decouples the engine from the wheels. In neutral, your vehicle can't accelerate — no matter how hard the throttle is pressed.

Once in neutral, brake and coast off to the side of the road. Turn the engine off, fix the problem and carry on. If your car has a stick-shift, pressing the clutch has the same effect.

The Problem: You're travelling at speed when a piece of ice or debris from the roof of a transport truck becomes dislodged and strikes your windshield. There's broken glass in your eyes, and your vehicle is now a projectile with a blind pilot.

Possible Solution: Ian Law is the chief instructor of the ILR Car Control School. He's been teaching advanced safe driving techniques for years — and recommends a pre-emptive approach to successfully tackling a catastrophic non-visibility situation.

"This is a scenario where staying focused on your driving pays off in dividends. A good driver will have been focused on their driving and the situation before the incident. This is called "situational awareness," and it involves processing all driving information so that the driver knows at all times what is around them — and where".

Translation? Practice being aware of what's around you at all times, and you've got better odds of surviving blindness at the wheel.

The Problem: You're driving through very thick fog, and suddenly discover that you're mere seconds away from plowing head on into the back of a massive pile-up. You're driving too fast to stop.

Possible Solution: Getting your vehicle out of the roadway is likely to offer a higher chance of survival — so aim for the ditch, not the pile-up.

You and your passengers can more easily survive a single impact entering the ditch than the numerous impacts likely in a pile-up situation.

Law adds, "I always say you are much better off waiting three hours for a tow truck to pull you out of a ditch than waiting 20 minutes to have the paramedics pull your body out of the wreckage."

JUSTIN PRITCHARD/
FOR METRO

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Horoscopes

♈ Aries
March 21 - April 20
Temptation will come knocking today. Do you answer the door and let it in or do you call on all your powers of self-control and ignore it? Only you can decide, but consider this: Is enjoying yourself really a sin?

♉ Taurus
April 21 - May 21
You may find it hard to control your emotions today. Pluto, planet of extremes, will make you a bit touchy and maybe a bit jealous too. So, watch you don't go over the top and say something you'll later regret.

♊ Gemini
May 22 - June 21
Someone you work with seems determined to find fault with everything you do and it's getting you down. All you can do is sit tight and wait for him or her to get fed up with his or her carping.

♋ Cancer
June 22 - July 23
Close your ears to gossip because hardly any of what you hear today will be true. Someone is trying to poison your mind against a person you have known and trusted for years. Don't fall for it.

♌ Leo
July 24 - Aug. 23
Steer clear of a feud that is none of your business. If you get involved, it will make it appear you have taken sides. Before you know it, you'll be involved in a war of words no one can win.

♍ Virgo
Aug. 24 - Sept. 23
The more others say you need to make changes, the more you must resist. This is not the right time to throw everything up in the air. That applies as much to your personal life as it does to your career.

♎ Libra
Sept. 24 - Oct. 23
Something you have grown used to over the years will go out of your life today but that's good because it has been taking up more time and space than it deserves. Make room for new things.

♏ Scorpio
Oct. 24 - Nov. 22
Don't be silly and make promises you might want to back out of later on. And don't use emotional blackmail to get what it is you most desire. What will you do if your bluff is called?

♐ Sagittarius
Nov. 23 - Dec. 21
Both at home and at work you should strive for a more relaxed and forgiving attitude today — not because others deserve to be forgiven but because it will be you who suffers most if you get uptight.

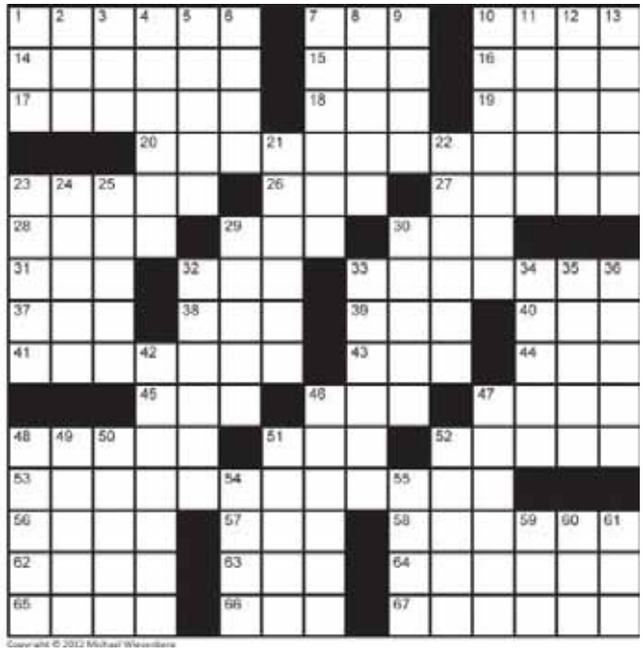
♑ Capricorn
Dec. 22 - Jan. 20
If things don't work out the way you plan today, chances are it's only a temporary setback. There's no need to panic. Have more patience with yourself and, most importantly, think long-term in everything you do.

♒ Aquarius
Jan. 21 - Feb 19
No matter how much others may say you should loosen the purse strings, you know it's the wrong thing to do. Luxury items must stay off your shopping list until such time as you can afford them.

♓ Pisces
Feb. 20 - March 20
Passions will be running high today, so think before you act both at home and at work. If someone in your family does not like the friends you hang out with come right out and ask them why. SALLY BROMPTON

Crossword: Canadianisms

BY MICHAEL WIESENBERG



Across
1. "No, really?" in Newfoundland
7. Canadian name for US calls soda
10. Isl. S of Aus.
14. Antique photos
15. One in the East
16. Concept, in Québec
17. Bend an elbow
18. "Sprechen ___ Deutsch?"
19. Track event
20. Hooch on Prairies; in ON, mix of beer, vodka, lemonade
23. Noted lover
26. Majors in acting
27. "Oye como va, mi ___"
28. Hatchet man
29. Pub mate
30. "But ___ me a canny hour ...": Burns
31. Crude msmt.
32. Guar ___
33. Tykes' clothing chain
37. Internet giant
38. *7 Faces of Dr.* ___
39. ___ possidetis: as you possess, at law
40. "Achtung Baby" producer Brian
41. Double 12-pack of Molson's or Moosehead
43. *Star Trek* letters
44. Scotsman's wee drappie
45. Car safety feature
46. E-I fill
47. Car roof with removable panels
48. Stadium cousin
51. Dog's bark
52. Poseur
53. Coffee with 2 creams, 2 sugars at 10-Down
56. Bards strings
57. Chevys, Cads
58. Electoral district: Canadian term
62. Green subj.
63. "Shoo!"
64. Fatigue cause
65. Nap
66. Sides in cricket
67. Swindled

Down
1. Fed. tax
2. Wu ___: tenet of taoism
3. PC program
4. RCA Victor dog
5. *Jungle Book* bear
6. 1914 Belgian battle line
7. Shoved
8. Cooling
9. Mackenzie tributary in YT and NT
10. Canada's quintessential fast food place, familiarly
11. "We owe you ___ of gratitude"
12. "Call 'em as I ___"
13. Montréal's underground
21. Hue and cry
22. Containing a certain precious element
23. Morocco capital
24. *The* ___ *Incident*: 1943 Western
25. ___ Yello soft drink
29. Hawaiian fests
30. Men's briefs, on the Prairies
32. ___ warming
33. Chinese self-defense
34. Place to eat, in PQ
35. Workers' group
36. Overly sentimental
42. Part of car's cooling system
46. What Canadians expect by late summer
47. PQ corner, variety, or convenience store
48. Holmes's adversary Irene
49. Rolls partner
50. Italian money
51. Sys ___: IT VIP
52. Either of two noted Roman authors
54. Frozen waffles
55. Boast
59. Baby-sitter's headache
60. Never: Ger.
61. Flit about

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3					7		2	
			4	2			9	
	8		6					1
	6	8		4				
1			3		6			4
				9		5	7	
4					9		5	
	3			1	5			
	5		2					8

Yesterday's Sudoku

Today 22°/16° Mainly sunny
Thursday 22°/15° Sunny
Know what the weather will be 14 days from now. Check the 14 day trend.
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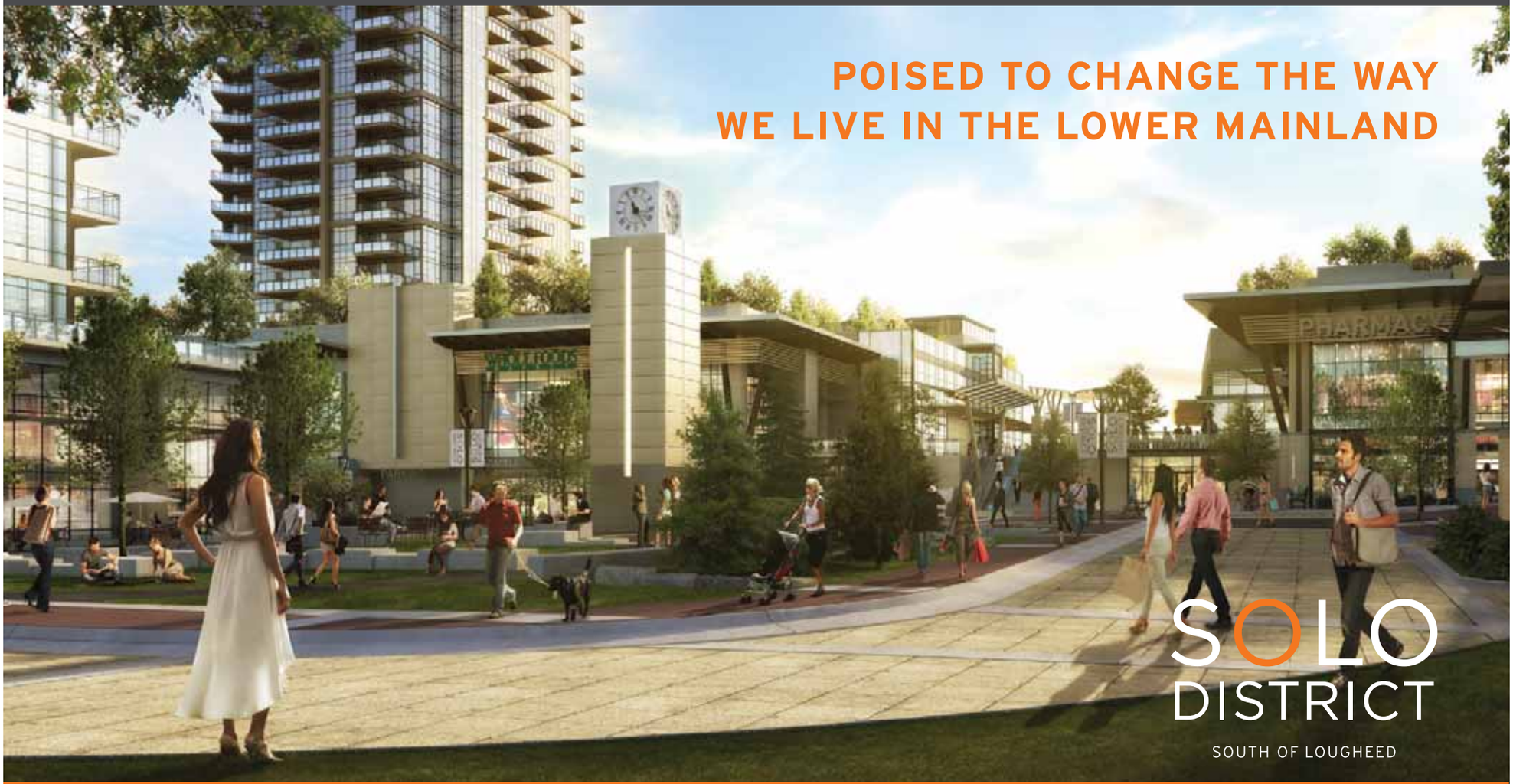

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ELANTRA TOURING GL 5-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

WAS ~~$19,694~~

$3,699 PRICE ADJUSTMENT‡

NOW $15,995♦

INCLUDES AIR CONDITIONING

+ 0%† FINANCING FOR 48 MONTHS

Limited model shown

2013 SONATA

HIGHWAY 5.7L/100 KM 50 MPG▼

INCLUDES: AIR CONDITIONING ▪ HEATED FRONT SEATS & MIRRORS ▪ 6 AIRBAGS WITH FRONT ACTIVE HEAD RESTRAINTS ▪ CRUISE CONTROL ▪ XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

SONATA GL AUTO. DELIVERY & DESTINATION INCLUDED.

THE MOST FUEL-EFFICIENT FULL-SIZED CAR – NATURAL RESOURCE CANADA'S 2012 ECOENERGY VEHICLE AWARD^

★★★★★ AWARDED THE HIGHEST GOVERNMENT 5-STAR SAFETY RATING† U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

WAS ~~$25,564~~

$2,569 PRICE ADJUSTMENT‡

NOW $22,995♦

INCLUDES AUTO & AIR

+ 0%† FINANCING FOR 48 MONTHS

Limited model shown

2012 TUCSON

HIGHWAY 7.4L/100 KM 38 MPG▼

INCLUDES: AIR CONDITIONING ▪ EZ LANE CHANGE ASSIST ▪ DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST ▪ MOTOR DRIVEN POWER STEERING ▪ REAR SPOILER ▪ iPOD®/USB/MP3 AUXILIARY INPUT JACKS

TUCSON L 5-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

WAS ~~$21,759~~

$3,764 PRICE ADJUSTMENT‡

NOW $17,995♦

INCLUDES AIR CONDITIONING

+ 0%† FINANCING FOR 48 MONTHS

Limited model shown

2012 SANTA FE PREMIUM PKG.

HIGHWAY 7.2L/100 KM 39 MPG▼

INCLUDES: AIR CONDITIONING ▪ POWER SUNROOF ▪ HEATED FRONT SEATS & MIRRORS ▪ CRUISE CONTROL ▪ XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM ▪ 18" ALLOY WHEELS

SANTA FE GL 2.4 PREMIUM PKG. DELIVERY & DESTINATION INCLUDED.

WAS ~~$29,459~~

$4,464 PRICE ADJUSTMENT‡

NOW $24,995♦

INCLUDES AUTO & AIR

+ 0%† FINANCING FOR 48 MONTHS

5 YEAR WARRANTY
100,000 KM COMPREHENSIVE LIMITED WARRANTY††

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HyundaiCanada.com

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D#6700

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3150 King George Highway
Surrey, 604-538-7022
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Richmond, 604-606-9033
D#28516

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Maple Ridge, 604-467-3401
D#7356

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D#30242

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30250 Automall Dr.
Abbotsford, 604-857-2622
D#9390

Langley Hyundai
19459 Langley Bypass
Surrey, 604-539-8549
D#30331

Mertin Hyundai
45753 Yale Rd.
Chilliwack, 604-702-1000
D#30337

Jim Pattison Hyundai Surrey
15365 Guildford Drive
North Surrey, 604-582-8118
D#10977

Destination Hyundai
445 Kingsway
Vancouver, 604-292-8188
D#31042

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